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That's an onion ring!!

Rach's Big Beef Burger p. 10

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2 parts Kahlúa® / Club soda

THE ORIGINAL
SPIRIT OF VERACRUZ

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MAIN PHOTO BY MIKE NEWLING; FOOD STYLING BY RORI TRONATO; PROP STYLING BY LISA LUPO; WARDROBE STYLING BY VANESSA SHOKRIAN; HAIR AND MAKEUP BY RENEE LOIZ FOR JOSIE MARAN COSMETICS/NUBYBALY.COM AND MARY FLINEK.

on the cover

Burger photograph by John Kernick; food styling by Cyd Raftus McDowell; prop styling by Heather Chontos. Rachael Ray portrait by Ben Watts; fashion styling by Jane Harrison Fox; hair by Carrie Fernow; makeup by Joe J. Simon for Giorgio Armani Beauty.

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PIE BY ROMULO YANES, FOOD STYLING BY KAREN TACK, PROP STYLING BY PHILIPPA BRATHWAITE.

EveryDay with Rachael Ray

How We're Making Every Day in June and July Special!

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June 11: I'm going to get my foraging fix in NYC's Central Park with "Wildman" Steve Brill. I got hooked on mushroom hunting in the Berkshires four years ago and am looking forward to finding some so close to home! —*Leah Holzel*

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June 26: I am co-hosting the mother of all baby showers for *four* preggo friends. —*Mai Hoang DeVore*

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June 28: It's the last day of school! We celebrate the official beginning of summer with make-your-own pizzas and ice cream sundaes. —*Barbara Hauley Kempe*

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Please Recycle This Magazine

How We're Making Every Day *in June and July Special!*

June 4: It's the annual "Berger" Bash. (Hint: See my last name.) Ten fabulous friends of mine get together to celebrate summer and each other. It's the one event where we let the men in our lives join the fun! —*Jani Berger*

June 15: It's opening night at the Grant Park Music Festival in Chicago, and my fiancé and I have season tickets! We get to listen to music over a bottle of wine, surrounded by the beautiful city skyline. —*Kathleen Burke*

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RACH'S NOTEBOOK

Can you spot the awesome food hidden along this highway? Find it on page 66.

These teens are having a blast rolling and eating sushi.

Let's get this Summer Started!

THAT BIG BEAUTY ON THE COVER OF THIS DOUBLE ISSUE IS MY LATEST AND GREATEST BURGER. You may dislocate a jaw trying to take a bite out of it. But man, is this baby good. It's all about the texture: the crunch of the supersize onion ring and the tang of my own special sauce, Red Ranch Dressing. Aside from that double-wide, delicious burger, the thing I am most obsessed with in this issue is our pullout booklet of 16 incredible no-cook side dishes (page 122). *Wha-wha-what?* Tape this summer BFF to your refrigerator!

This Moroccan Carrot-Chickpea Salad (page 122) is high on flavor, low on hassle.

Guys, we're blowing out the Fourth of July! Whether you're hosting the party or searching for a place to celebrate beyond your backyard, look no further than page 132. I'd love to check out that UFO festival in Roswell, New Mexico!

Question: Do you have to be a teenager to have a sleepover? 'Cause *I* want to do our sushi sleepover (Cook with Kids, page 100). How much fun are these girls having?!

Summer is supposed to be about lazy days, but this issue shows that life is too short to be lazy. My advice: Get out there, have fun, take some road trips, mix up a new cocktail. Put a little sass in your summertime, and for God's sake, get behind that grill!

Love,

GOT AN HOUR TO SPARE THIS SUMMER?

1. START A WATER BALLOON FIGHT!
2. PLAY FRISBEE IN THE PARK (WITH YOUR DOG, IF YOU'VE GOT ONE!).
3. BUY FLOWERS AT THE FARMERS' MARKET.
4. LOOK FOR OUTDOOR MOVIES AND MUSIC FESTS. MAKE NEW FRIENDS!
5. ORGANIZE A BOCCE BALL GAME.

NOTEBOOK BY BUFCO BYSAP; RIP POP PARTY BY JAY WRIGHT; HOOP EARRINGS BY PHILIPPE BRATHWAITE; FASHION STYLING BY ANNE HARRISON; FOR HAIR BY CARRIE FERGUSON; MAKEUP BY JOE J. SIMICK; FOR GUIDED AFRICA BEAUTY.
BLACK TOP BY THEORY; LEGGINGS BY HELMUT LANG; BELT BY RALPH LAUREN; BRACELETS BY ELIZABETH COLE; NECKLACE BY ELLEN ARTHUR; HIGHWAY, GETTY IMAGES

Burger of the Month

A burger so good-lookin', we made it our cover. This open-wider's got a crispy sour cream onion ring on top. But don't make 'em just for this beefy beauty—they're fabulous with any grilled dish. Skip lunch and enjoy! BY RACHAEL RAY

Big Beef Burgers with Crunchy Sour Cream Onions

MAKES 4 BIG BURGERS OR 12 SLIDERS

Sour cream onion rings

- *Vegetable oil, for frying*
- 1½ *cups buttermilk*
- ½ *cup sour cream*
- 1 *yellow onion, cut into 1-inch-thick slices and separated into rings*
- 1½ *cups flour*
- ¾ *cup finely chopped chives or scallion greens*
- *Salt and coarse black pepper*

Burgers

- 2 *lbs. coarse-ground sirloin beef*
- ¾ *cup worcestershire sauce*
- *Salt and coarse black pepper*
- *EVOO, for drizzling*
- *Brioche rolls or other burger rolls of choice*
- *Chopped crisp lettuce, such as iceberg or romaine heart*

Red ranch dressing

- ½ *cup buttermilk*
- ½ *cup sour cream*
- ¼ *cup organic or low-sodium ketchup*
- 1 *large clove garlic, grated or pasted*
- 3–4 *tbsp. finely chopped mixed fresh herbs (such as chives and parsley)*
- 1 *tbsp. fresh lemon juice*
- *Salt and coarse black pepper*
- *Hot sauce, to taste*

1. Heat a few inches of vegetable oil in a pot over medium-high heat. Combine 1½ cups buttermilk and ½ cup sour cream in a bowl and add the onion rings; soak for a few minutes. On a plate, toss the flour with the chives; season generously with salt and pepper. Double-dip the onion rings in the liquid and the flour. Fry a few rings at a time in the hot oil, turning once, until deep golden, about 4 minutes. Transfer to a rack to cool.
2. Combine the beef, worcestershire, lots of pepper and a little salt. Form 4 large or 12 slider size patties and coat with EVOO. Heat a large skillet or griddle over medium-high heat, add the burgers and cook, turning once, for 8 to 10 minutes for big burgers, 4 to 6 minutes for sliders.
3. While the burgers cook, make the dressing. In a small bowl, combine ½ cup each buttermilk and sour cream, the ketchup, garlic, herbs and lemon juice; season with salt, pepper and hot sauce to taste. Layer the rolls with the burgers, ranch dressing, lettuce and onion rings.

PHOTOGRAPH BY JOHN KERNICK

FOOD STYLING BY CYD RAFTUS MCCOMB; PROP STYLING BY HEATHER CHONTOS


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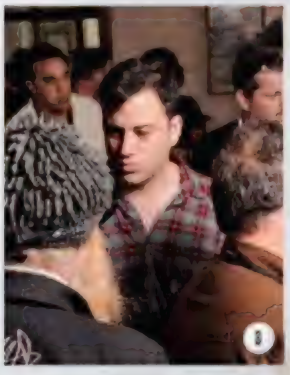
ROLLS

the BIG, FAT, LOUD, ROCKIN' AUSTIN PARTY

Rachael celebrated the South by Southwest Music Festival in Austin, Texas, in March by hosting her own fourth annual Feedback party at Stubb's Bar-B-Q. Two thousand people lined up to taste her spicy steak tostadas and catch performances by 14 kickin' bands.



SWEET LINEUP! It was an eclectic mix of performers, including Memphis hip-hop band FreeSol (whose singer, **Free**, is shown below).

CLASS ACTS 1. **Rach** checked out the band on the outdoor stage. 2. Hubby **John Cusimano**'s band, The Cringe, rocked out with ZZ Top's **Billy Gibbons**. 3. **Jimmy Kimmel** hung out backstage. 4. Hometown favorite **Bob Schneider** opened the show. 5. The legendary **Wanda Jackson** (aka The Queen of Rockabilly) has toured with Elvis Presley and, most recently, recorded an album with Jack White. 6. **Rachael** introduced The Cringe.

FOR MORE FUN TURN

SXSW PHOTOGRAPHS BY STEVE VACCARIELLO

BACKGROUND PHOTOGRAPHS BY BURCU AVSAR. FOOD STYLING BY CHARLOTTE OMNES. PROP STYLING BY CINDY GIRRIMA.

HERSHEY'S

S'mores

Introducing HERSHEY'S S'mores Dessert Icing.
Bring the campfire inside with the great taste of S'mores.

RACH'S AUSTIN FAVES

RIBS I tried the ceviche, ribs and chile relleno at La Condesa *(lacondesaaustin.com)*. John liked the ribs best!

BARBECUE Across the street from La Condesa is one of my favorite smokehouses, Lamberts Downtown Barbecue *(lambertsaustin.com)*. Their $28 Sunday brunch buffet is massive and fabulous, loaded with chilled asparagus salad, deviled eggs with caviar, spare ribs with maple syrup, and cheddar grits.

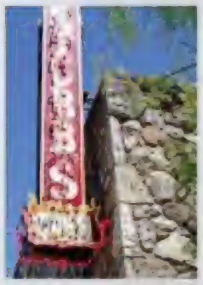
CHICKEN Yum-o! director (and my favorite food authority) Andrew Kaplan sent me to new hot spot Second Bar + Kitchen *(congressaustin.com)*, where I chowed down on chicken-fried olives stuffed with pimiento cheese, grilled radicchio and escarole, and vertical rotisserie chicken breast with grilled corn panzanella.

SLEEP! I rest up at the chilled-out Hotel San José *(sanjosehotel.com)* or Hotel Saint Cecilia *(hotelstcecilia.com)*, both run by local impresario and national tastemaker Liz Lambert.

ONE WILD DAY **1. G. Love**, from G. Love & Special Sauce, performed solo on Friday at Rach's invite-only lounge, The Greenhouse. **2.** A small stage was set up at the venue (here, **Amy Cook** performs). **3.** On Saturday, fans enjoyed a jam-packed day of music and food at Stubb's Bar-B-Q. **4.** Singer **Noelle Scaggs** got the crowd going with **Fitz & the Tantrums**.

WIN a TRIP to AUSTIN

One lucky reader will get two round-trip plane tickets and a three-night stay at the 125-year-old Driskill Hotel (including breakfast), courtesy of jetsetter.com. Enter to win at rachaelraymag.com/June.



CLICK

COOK UP RACH'S TEXAS GRUB! Visit rachaelraymag.com/june for Rach's Feedback party recipes: 5-Chile Chili, Flank Steak Tost-achos, Puerco Ropa Vieja and Jalapeño Popper Sliders (this one's also on page 114). Plus, you'll find more behind-the-scenes photos.

FOOD PHOTOGRAPHS BY ANDREW KAPLAN; GRISELL HOTEL, ALAMY.COM

This Month's

SALADS & SIDES

*MP

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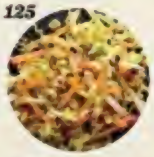
125 
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FROM TOP MP–p. 96: Grilled Shrimp with Frisée and Pepper Salad; Cuban Grilled Corn; Crispy Cheese with Strawberry Salad; Stuffed Potatoes; Zucchini Ribbons and Peppers; Grilled Stone Fruit; Pluot "Caprese" Salad; Grilled Pluots; Haystacks **p. 122-123:** Zucchini Linguine with Almonds; Moroccan Carrot-Chickpea Salad; Antipasti Bowl; Celery Salad with Blue Cheese; Bean Sprout-and-Red Radish Salad; Rainbow Tomatoes and White Beans; Wilted Greens and Black-Eyed Peas; Creamy Corn Succotash; Kale Caesar **p. 124-125:** Radicchio-Fennel Slaw with Nectarines; Pineapple-Hominy Stuffed Avocados; Feta-Watermelon Tabbouleh; Melon and Prosciutto; Red Plum-and-Napa Cabbage Slaw; Couscous with Pistachios and Orange; Spicy Cucumber-and-Blueberry Salad

SEAFOOD & POULTRY

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FROM TOP Chicken-and-Portobello Fajitas; Spicy Grilled Mussels; Honey-Mustard Chicken; Spicy Chicken Taquitos; Asian Fish Pancakes; Cornmeal-Crusted Dippers; Shrimp-and-Pluot Kebabs; Sweet-and-Sour Chicken; Fish and Chips; Tuna-Stuffed Blooming Tomato; Rach's Chicken Spiedies with Sesame Sauce; Thai-Style Chicken with Basil and Pineapple

Polenta, Rice + Pasta

*MP 

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FROM TOP Penne with Grilled Summer Squash and Sweet Corn; Basil-Infused Pasta; BLT Mac 'n' Cheese; Risotto with Shrimp and Peas; Lemon-Scented Carbonara; Sausage-and-Shrimp Hash with "Grits" and Eggs; Spinach, Artichoke and Tuna Tortellini Salad

MEAT

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FROM LEFT Grilled Pork Chops with Fresh Berry Compote; Kofta Kebabs; Shepherd's Pie; Beef-and-Asparagus Negimaki; Grilled Pork with Macadamia Rice

* Meal Planner

PLATEMAT: PLATE MAT

Your Weeknight Meal Planner

SHOP ON SUNDAY; FEED YOUR FAMILY 'TIL FRIDAY.

M

Chicken Fajitas

T

Grilled Pork Chops

W

Penne with Grilled Squash

Th

Asian-Style Burgers

F

Grilled Shrimp Salad

SUNDAY

THE USE-IT-ALL-UP SHOPPING LIST

PRODUCE

- ☐ 1 pt. blueberries
- ☐ 3 lemons
- ☐ 2 ears corn
- ☐ 2 bell peppers (1 red, 1 orange)
- ☐ 2 large italian frying peppers
- ☐ 4 yellow summer squash
- ☐ 2 tomatoes
- ☐ 1 bag (14 oz.) coleslaw mix
- ☐ 1 head frisée lettuce
- ☐ 1 large + 2 small red onions
- ☐ 1 head garlic
- ☐ 4 portobello mushroom caps (about 4 inch)
- ☐ 1 small piece (1 oz., at least 1 inch) fresh ginger
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch thyme

DAIRY

- ☐ 1 container (15 oz.) whole-milk ricotta
- ☐ 1 container (7 oz.) whole-milk greek yogurt

FISH

- ☐ 1¼ lbs. frozen large shrimp (about 20)

MEAT

- ☐ 1½ lbs. ground beef
- ☐ 4 bone-in, ½-inch-thick pork chops (7 oz. each)
- ☐ 1 lb. skinless, boneless chicken thighs

BAKERY

- ☐ 4 soft kaiser rolls
- ☐ 1 package (12 oz.) flour tortillas

GROCERY

- ☐ 1 box (1 lb.) penne pasta
- ☐ 1 box (10 oz.) couscous
- ☐ 1 container (2.5 oz.) chili powder
- ☐ 1 box (1 lb.) sugar

Total Price: $92.40

(EVOO, salt and pepper are freebies.)

meal planner

M T W Th F

Chicken-and-Portobello Fajitas

SERVES 4 **PREP** 15 MIN **COOK** 15 MIN

Tossing the chicken with the chili powder and garlic before it hits the skillet lets the flavors sink into this simple summer dish.

USE IT!

- 1 lb. skinless, boneless chicken thighs, cut into strips
- 1½ tsp. chili powder
- 4 cloves garlic, minced
- 1 package (12 oz.) flour tortillas
- 3 tbsp. EVOO
- Salt and pepper
- 2 large italian frying peppers, cut lengthwise into ½-inch-wide strips
- 1 large red onion, cut into 8 wedges
- 4 portobello mushroom caps (about 4 inch), sliced ¼ inch thick
- 1 container (7 oz.) whole-milk greek yogurt, for serving

SHOP SAVVY

Buy presliced portobellos (often only pennies more than whole) to save on prep time.

MAKE IT!

1. In a medium bowl, toss the *chicken* with the *chili powder* and half of the *garlic*.

2. Wrap the *tortillas* in a sheet of foil, place in the oven and turn to 350°. Let them warm while you cook the chicken and vegetables.

3. Heat a 12-inch cast-iron skillet over medium-high heat until hot. Add 1½ tbsp. *EVOO* and the chicken; season with *salt* and *pepper*. Cook, stirring, until the chicken is no longer pink, about 5 minutes. Using a slotted spoon, transfer the chicken to a bowl.

4. Add the remaining 1½ tbsp. EVOO and garlic, the *frying peppers* and *onion* to the skillet and cook over medium heat, stirring, until beginning to char, about 3 minutes. Stir in the *mushrooms* and cook, stirring occasionally, until the onion is crisp-tender, about 5 minutes.

5. Return the chicken to the pan and cook, stirring, until the vegetables are tender and the chicken is hot, about 2 minutes. Season with salt and pepper to taste. Serve the chicken-vegetable mixture with the warmed tortillas and *yogurt*.

FOOD STYLING BY MICHAEL PEDERSON; PROP STYLING BY CHRISTINA LANE.

Grilled Pork Chops with Fresh Berry Compote

SERVES 4 PREP 20 MIN GRILL 10 MIN

A sauce of blueberries, onion, lemon and thyme is the perfect sweet-savory sidekick to hearty pork chops.

USE IT!

- 5 tbsp. EVOO
- 1 small red onion, thinly sliced
- 1 pt. blueberries
- 2 tbsp. sugar
- 1 lemon, zested and juiced
- 3 sprigs thyme **(USE THE REST OF THE BUNCH WEDNESDAY)**
- Salt and pepper
- 4 bone-in, ½-inch-thick pork chops (7 oz. each)
- 1 box (10 oz.) couscous (1½ cups)
- ⅔ cup flat-leaf parsley leaves, chopped **(USE THE REST OF THE BUNCH THURSDAY)**

PREP SMART

Don't wash blueberries more than 1 day ahead of using or they may mold.

MAKE IT!

1. Preheat a grill. Meanwhile, in a medium skillet, heat 1 tbsp. *EVOO* over medium-low heat; add the *onion* and cook until softened, about 5 minutes. Stir in the *blueberries*, *sugar*, *lemon juice*, *thyme sprigs* and ½ tsp. *pepper*. Simmer until the blueberries have released their juices and the compote has thickened, about 5 minutes. Discard the thyme sprigs and keep the sauce warm.

2. Brush the *pork chops* with 2 tbsp. EVOO and season with *salt* and pepper. Grill, turning once, for 8 to 10 minutes for medium; remove from the grill and let stand.

3. Meanwhile, in a small saucepan, prepare the *couscous* according to package directions. Fluff with a fork, then stir in the *parsley*, *lemon zest* and remaining 2 tbsp. EVOO. Season with salt and pepper. Spoon the couscous onto plates. Add the chops and any juices and spoon the berry compote on top.

Penne with Grilled Summer Squash and Sweet Corn

SERVES 4 PREP 25 MIN GRILL 10 MIN

For a bonus flavor boost, grill the ears of corn before slicing off the kernels.

MAKE AHEAD

Grill the squash up to 2 days ahead and refrigerate.

USE IT!

- 1 lb. penne pasta
- 4 yellow summer squash (about 1½ lbs.), halved crosswise and each half cut lengthwise into 3 thick slabs
- ¼ cup plus 2 tbsp. EVOO
- Salt and pepper
- 2 tomatoes, chopped
- 1¼ cups fresh corn kernels (from 2 ears of corn), or use frozen
- 1 container (15 oz.) whole-milk ricotta cheese
- 1 clove garlic, grated
- 2 tsp. chopped thyme **(FINISH IT UP!)**

MAKE IT!

1. Preheat a grill to medium-high. In a large pot of boiling, salted water, cook the *pasta* according to package directions; drain, reserving 1 cup of cooking water. Return the pasta to the pot.

2. Meanwhile, brush the *squash* pieces with ¼ cup *EVOO* and season with *salt*. Grill, turning once, until nicely charred, about 10 minutes. When cool enough to handle, coarsely chop.

3. In a large bowl, mix the *tomatoes*, *corn* and 2 tbsp. EVOO. Add the squash, *ricotta*, *garlic* and *thyme*; toss well. Add the pasta and stir in about ½ cup of the reserved cooking water. Season to taste with salt and *pepper*; add more cooking water as desired.

Asian-Style Burgers and Lemony Slaw

SERVES 4 PREP 20 MIN GRILL 5 MIN

For an evenly seasoned burger, shred the ginger and garlic using your grater's "fine" holes.

USE IT!

- 1½ lbs. ground beef
- 1 lemon, zested and juiced
- 1 piece (1 inch) fresh ginger, peeled and grated
- 2 cloves garlic, grated
- 2 tsp. sugar
- Salt and pepper
- ½ cup EVOO
- 1 bag (14 oz.) coleslaw mix
- ½ cup coarsely chopped parsley **(FINISH IT UP!)**
- 4 soft kaiser rolls, split and toasted

WASTE NOT

Slice leftover fresh ginger and throw it into a jar with vinegar for a tasty addition to marinades and dressings.

MAKE IT!

1. Preheat a grill to medium-high. In a medium bowl, mix together the *beef*, *lemon zest*, *ginger*, half of the *garlic*, 1 tsp. *sugar* and 1 tsp. *salt*. Shape into four 4-inch patties; refrigerate while you prepare the slaw.

2. Meanwhile, in a large bowl, whisk together ¼ cup *EVOO*, the *lemon juice* and remaining 1 tsp. sugar. Stir in the *coleslaw mix* and *parsley*; season with salt and *pepper*.

3. In a small skillet, heat the remaining ¼ cup EVOO over medium heat. Add the remaining garlic and cook until golden, about 1 minute. Brush onto the cut side of each *roll* half.

4. Place the patties on the grill and cook, turning once, until firm around the edges, about 5 minutes for medium. Place the patties on the roll bottoms and top with some slaw, if desired, and the roll tops. Serve the remaining slaw on the side.

CLICK

Get a new meal planner every week at **rachaelraymag.com/june**.

Grilled Shrimp with Frisée and Pepper Salad

SERVES 4 **PREP** 30 MIN **GRILL** 10 MIN

We loved this salad with frisée (it's so pretty!), but if you want to punch it up, add peppery arugula to the mix.

USE IT!

- 1¼ lbs. frozen large shrimp (about 20), thawed
- ⅓ cup plus 2 tbsp. EVOO
- 2 tbsp. fresh lemon juice
- 1 small clove garlic, minced
- Salt and pepper
- 1 red bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 1 small red onion, halved and thinly sliced
- 1 head frisée, leaves torn

PREP SMART

To thaw the shrimp by dinnertime, move them from freezer to fridge in the morning.

MAKE IT!

1. Preheat a grill to medium. Using small, sharp scissors, snip each *shrimp* shell down the center of the back and, using the tip of the scissors, remove the dark vein, leaving the shells intact. Put the shrimp in a bowl and drizzle with 2 tbsp. *EVOO*; toss to coat.

2. In a large bowl, whisk together the remaining ⅓ cup EVOO, the *lemon juice*, *garlic* and ½ tsp. *pepper*. Add the *bell peppers* and *onion* and toss to coat.

3. On a large grill topper, grill the shrimp (in 2 batches if necessary) until the undersides are lightly charred, 3 to 4 minutes. Turn with tongs and cook on the second side until the shrimp are just opaque but still juicy, about 2 minutes. Transfer the shrimp to a plate and, when cool enough to handle, pull off the shells (hold the shrimp with a paper towel).

4. Season the bell peppers with *salt* and, using a slotted spoon or tongs, transfer to a plate, letting the excess dressing drip back into the bowl. Add the *frisée* to the dressing in the bowl and toss to coat. Divide the frisée among 4 plates, then top with the pepper salad and shrimp.

EveryDay
with Rachael Ray

MENU

YOUR JUNE/JULY 2011
RECIPE INDEX

desserts

FROM TOP LEFT Individual French Toast Stratas; S'mores Pie; Raspberry Tiramisu; Halo Halo; Jelly Shots; Pluot Tart; Rustic Tri-Berry Pie; Warm and Gooey S'mores Treat; Red, White and Blue Gelatin; Grilled Stone Fruit with Whipped Cream; Chocolate-Dipped Strawberry Ice Pop; Green Apple Ice Pop; Peach Iced Tea Ice Pop; Caramel Corn Ice Pop; Double Berry Ice Pop; Cappuccino Ice Pop

SAUCES, SNACKS & STARTERS

FROM TOP Cashew-Arugula Pesto; Mediterranean Pita Pizzas; Vanilla Sugar; White Bean Mash; Honey-Baked Tortilla Chips; Chicken Meatballs with Sweet Peanut Sauce; Pickled Shallots; Cucumber-Yogurt Soup; Apricot Preserves; Mini Hawaiian Sandwiches, Surfin' Nacho Boards and Tropical Ham-and-Pineapple Kebabs; Pluot Wontons; Party Sushi Rolls; Sticky Rice Thumbprints (plus variations); Basic Guacamole (plus variations)

SANDWICHES, QUESADILLAS, PIZZAS & BURGERS

FROM LEFT Big Beef Burgers with Crunchy Sour Cream Onions; Asian-Style Burgers and Lemony Slaw; Vietnamese-Style Steak Sandwiches; Bacon-Wrapped Egg Sandwich; Soft-Shell Crab Sandwiches with Pluot Relish; Pepper Sliders; Grilled Paprika Shrimp Quesadillas; Johnnie C's Sweet Italian Sausage Subs with Fennel and Onions; Nicoise-Style Grilled Tunawich; Pigs in Ponchos (Tortilla-Wrapped Franks and Beans); Bacon-Burger Melts; Chicken Delight Sliders; Goin' Fishin' Stacks; Steak 'Em Up Pitas; Reuben Cubans; Veg-Out Sammies

* Meal Planner

YUM! 32 FAST IDEAS

1 Cuban Grilled Corn

4 ears corn, husks peeled back and silk discarded • 2 tbsp. melted butter • ¼ cup grated cotija or asiago cheese • 1 tsp. paprika • salt • lime wedges → Char-grill corn over medium heat, about 12 minutes. Brush with melted butter; sprinkle with cheese, paprika and salt to taste. Serve with lime.

In-Season Snack

2 Individual French Toast Stratas

6 eggs • 1½ cups half-and-half • 6 tbsp. maple syrup • 1½ tsp. vanilla • 1 tsp. cinnamon • large pinch salt • 4 cups cubed (1-inch) white country bread • 2 tbsp. melted butter • 2 tbsp. sugar → Whisk eggs, half-and-half, syrup, vanilla, cinnamon and salt. Toss bread with butter; divide among 12 muffin cups. Pour egg mixture over bread; let sit while you preheat oven to 350°. Sprinkle bread mixture with sugar. Bake for 20 minutes. Let cool on rack. Serve with more maple syrup and fresh berries.

brunch TREAT

3 Spicy Grilled Mussels

2 tbsp. EVOO • 2 cloves garlic, minced • ½ tsp. crushed red pepper • 14.5-oz. can diced tomatoes • ¼ cup white wine • 1 bay leaf • 1 lb. mussels → Place skillet on grill over medium. Add EVOO, garlic and red pepper; cook 1 minute. Add tomatoes, wine and bay leaf; simmer 5 minutes. Add mussels; cook, covered, 8 minutes.

One-Pot Supper

4 Cashew-Arugula Pesto

2 cups arugula • ½ cup unsalted, toasted cashews • 1 clove garlic • ½ cup EVOO • ¼ cup parmesan • salt and pepper → Puree arugula, cashews, garlic and EVOO until they form a paste. Mix in parmesan; season with salt and pepper. Toss with pasta, spoon over grilled fish or spread on pizza crust before adding other toppings.

Multiuse Sauce

5 Vietnamese-Style Steak Sandwiches

¼ cup shredded carrots • 2 tsp. rice vinegar • 2 small baguettes, split • ¼ cup mayo • 1 small sliced jalapeño chile • ¼ cup cilantro • ½ pound leftover sliced skirt or hanger steak → Toss carrots with vinegar. Toast baguettes; slather with mayo and layer with remaining ingredients.

Last Night's Dinner...Today's Lunch

BY ESTHER CHOI | PHOTOGRAPHY BY KATE SEARS

FOOD STYLING BY PAUL GRIMES, PROP STYLING BY VICTORIA PETRO CONROY

YUM!

picnic PUNCH

6 Watermelon Killer Chiller

One watermelon (6 lbs.) • 12 oz. vodka • 12 oz. lemon-lime soda • ¼ cup fresh lime juice • thin green apple slices → Slice off top quarter of watermelon. Scoop out flesh, puree and strain into bowl. Stir in vodka, soda and lime juice. Use watermelon as punch bowl. Garnish drinks with apple slices.

7 Honey-Mustard Chicken

1½ lbs. skinless, boneless chicken breast, pounded thin • ⅔ cup yogurt • ¼ cup honey mustard • 1 tsp. coarse salt • ½ tsp. cayenne → Combine all in a plastic bag; shake to coat. Grill over medium, 4 to 6 minutes per side. Serve hot or in a sandwich.

Fast Chicken Meal

8 Crispy Cheese with Strawberry Salad

6 oz. halloumi cheese • 5 tbsp. EVOO • 2 cups strawberry slices • 5 oz. baby arugula • 2 tbsp. balsamic vinegar • salt and pepper → Cut cheese into ½-inch-thick triangles. Brown on one side in 1 tbsp. EVOO. Toss berries and arugula with 4 tbsp. EVOO and vinegar; season. Top with cheese.

Crowd-Pleaser

9 Mediterranean Pita Pizzas

1 small eggplant, thinly sliced • 2 tbsp. EVOO • 2 pitas • ½ cup tzatziki • 6 sliced cherry tomatoes • 5 sliced olives • ¼ cup feta cheese • 1 tbsp. chopped mint → Toss eggplant with 1 tbsp. EVOO; grill 6 minutes. Brush pitas with 1 tbsp. EVOO; top with tzatziki, grilled eggplant, tomatoes, olives and feta. Bake 20 minutes at 350°. Sprinkle with mint.

Easy Pizza Night

10 Vanilla Sugar

2 vanilla beans, seeds scraped from pods • 2 cups granulated sugar → Whisk vanilla seeds into sugar to distribute. Store in airtight container with vanilla pods. Stir into coffee, sprinkle on sugar cookies before baking, spoon over berries or use to top crème brûlée.

Fun Flavor Boost

11 Spicy Chicken Taquitos

2 cups shredded cooked chicken • 3 tbsp. chopped pickled jalapeños • 3 tbsp. chopped onion • ½ cup salsa • 10 small tortillas • oil • lime wedges → Combine all ingredients up to tortillas. Place 2 tbsp. of mixture on each tortilla and roll up; secure with toothpicks. In skillet, heat ¾ inch oil to 350°. Fry in batches until golden, 1 to 2 minutes per side. Serve with limes.

Quick-Fry Appetizer

Just ask the red wine vinegar, onion, garlic and lemon juice. A well-dressed salad should taste like real, all-natural ingredients because it's made with real, all-natural ingredients. Like ours. After all, shortcuts aren't really our thing, but then neither is bragging. That's why we prefer to

Let the food speak for itself.

www.newmansown.com

All Profits To Charity. Newman's Own Foundation continues Paul Newman's commitment to donate all profits to charity. Over $300 million has been given to thousands of charities since 1982. Learn more about our mission at www.newmansownfoundation.org.

YUM!

12 S'mores Pie

½ cup graham cracker crumbs • 1 unbaked pie crust • 2 cups chocolate pudding • 7.5-oz. jar marshmallow creme → Sprinkle half of crumbs on work surface, top with crust and cover with remaining crumbs; roll out ¼ inch thick. Line 9-inch pie plate with crust and prick with fork; bake according to package. When cool, fill with pudding and freeze 15 minutes. Top with marshmallow creme and broil to brown top.

Sweet Ending

13 White Bean Mash

¼ cup EVOO • 2 tsp. garlic powder • 1 tsp. sherry vinegar • 15-oz. can cannellini beans, drained and rinsed • salt and pepper → In small saucepan, heat EVOO with garlic powder and vinegar over medium heat. Add beans; remove from heat. Smash with potato masher or wooden spoon; season with salt and pepper. Serve as a side for pork chops, a spread on open-face tuna sandwiches or a dip for veggies.

Versatile Bean Dip

14 Stuffed Potatoes

4 medium yukon gold potatoes • salt and pepper • 1½ cups sour cream • ¼ cup snipped chives → Wrap potatoes individually in foil. Cook on covered grill over medium-high heat, turning occasionally, until fork-tender, 45 minutes. Unwrap and grill, turning, until skin is crispy in spots, 2 to 4 minutes. Cut a pocket-like split down the middle, season with salt and pepper, dollop with sour cream and sprinkle with chives.

You Can Grill That?

15 Honey-Baked Tortilla Chips

2 tbsp. honey • 4 small (8-inch) flour tortillas, each cut into 6 wedges • 2 tsp. sesame seeds

→ In small bowl, stir 2 tsp. water into honey to loosen. Place tortilla wedges on baking sheet, brush with honey and sprinkle with sesame seeds. Toast at 350° until golden-brown and crisp, 15 to 18 minutes. Serve with greek yogurt, hummus, baba ghanoush, tomato salsa or bean dip.

Crispy Snack

16 Raspberry Tiramisu

1 cup cream • 4 tbsp. sugar • 1 cup mascarpone • zest and juice of 1 orange • 1 cup raspberry jam • 3.5-oz. box ladyfingers • 1 pt. raspberries

→ Whip cream and sugar to soft peaks; fold in mascarpone and lemon zest. Whisk jam with lemon juice. Layer ladyfingers in loaf pan (save extras). Alternate layers of jam mixture and cream mixture. Scatter crushed extra ladyfingers and berries on top. Serve right away or chill.

No-Cook Dessert

17 Basil-Infused Pasta

1 lb. spaghetti • 1 cup prepared pesto • grated pecorino-romano

→ In pot of boiling, salted water, cook spaghetti halfway, about 6 minutes. Drain pasta, reserving 3 cups pasta cooking water. Return pasta and reserved water to pot. Add pesto and simmer over medium heat until water is absorbed and pasta is completely cooked through (but still al dente), about 15 minutes. Serve with cheese.

How Cool Is This!?

YUM!

Kid-FRIENDLY

18 Chicken Meatballs with Sweet Peanut Sauce

1 lb. ground chicken • ½ cup chopped cilantro • ½ cup dried breadcrumbs • ¼ cup grated onion • 2 cloves garlic, grated • 1 tsp. salt • ½ tsp. pepper • 2 tbsp. vegetable oil • ½ cup peanut butter • 2 tbsp. soy sauce • 3 tbsp. sugar • 3 tbsp. sesame oil • chopped peanuts, for garnish → Mix chicken, cilantro, breadcrumbs, onion, garlic, salt and pepper; roll into 1-tbsp. balls. In medium skillet, heat oil over medium heat. Add meatballs and cook through, 6 to 8 minutes. Meanwhile, mix remaining ingredients (except peanuts) and warm in microwave. Toss meatballs with half of sauce and sprinkle with peanuts. Serve on toothpicks with remaining sauce for dipping.

19 Halo Halo

¼ cup small pearl tapioca • 1 cup berries • crushed ice • ¼ cup condensed milk • ¼ cup coconut milk → Simmer tapioca in 1 qt. boiling water until almost translucent, 10 minutes. Let stand off heat 5 minutes. Drain and rinse. Divide berries and tapioca between 2 tall glasses; fill with crushed ice. Pour in both milks.

Cool Dessert

20 Zucchini Ribbons and Peppers

3 zucchini • 1 tbsp. salt • 2 bell peppers, sliced • 1 tsp. minced garlic • 2 tbsp. chopped cilantro • 1 tbsp. sesame oil • 1 tbsp. lemon juice • black sesame seeds → Slice zucchini lengthwise with peeler. Toss with salt; let sit 5 minutes; pat dry. Toss with rest of ingredients. Top with sesame seeds.

Almost-Instant Side

21 Pickled Shallots

2 thinly sliced shallots • ½ cup white vinegar • 1 tsp. sugar • ¾ tsp. salt • ½ tsp. dried oregano • ½ tsp. crushed red pepper → Combine all ingredients with ¼ cup water and let sit 10 minutes; drain. Serve on roast beef sandwiches or burgers, in tacos or tossed into salads.

Quick Pickle

22 Cucumber-Yogurt Soup

1 english cucumber, peeled and seeded • 1 cup yogurt • 1 tbsp. chopped dill • 1 tbsp. chopped mint • 1 clove garlic • 2 tsp. lime juice • salt and pepper → In blender, puree cucumber with yogurt, herbs, garlic and lime juice; season with salt and pepper.

5-Minute Soup

23 Apricot Preserves

1½ lbs. fresh apricots, chopped • 1½ cups sugar • 1 tbsp. fresh lemon juice • pinch salt → In medium saucepan, bring all ingredients to boil, lower heat and simmer until jamlike, about 25 minutes. Let cool, transfer to airtight container and refrigerate.

30-Minute Jam

IMPORTANT FACTS

(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

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Rx only

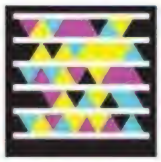
EveryDay with Rachael Ray

now it's a snap to get more food & fun!

Just download the FREE Microsoft® Tag Reader to your smartphone from your app store or at **http://gettag.mobi**. Launch the app and scan any tag to enjoy extras from Every Day with Rachael Ray, like recipes, shopping lists, sweepstakes and more.

Snap away in these select features throughout this issue:

- *YUM! Fast Ideas*
- *Faves: Sweepstakes*
- *Plan My Party*
- *July 4th Celebrations*
- *Our Test Kitchen*



LOOK FOR MORE TAGS AND EXTRAS IN UPCOMING ISSUES!

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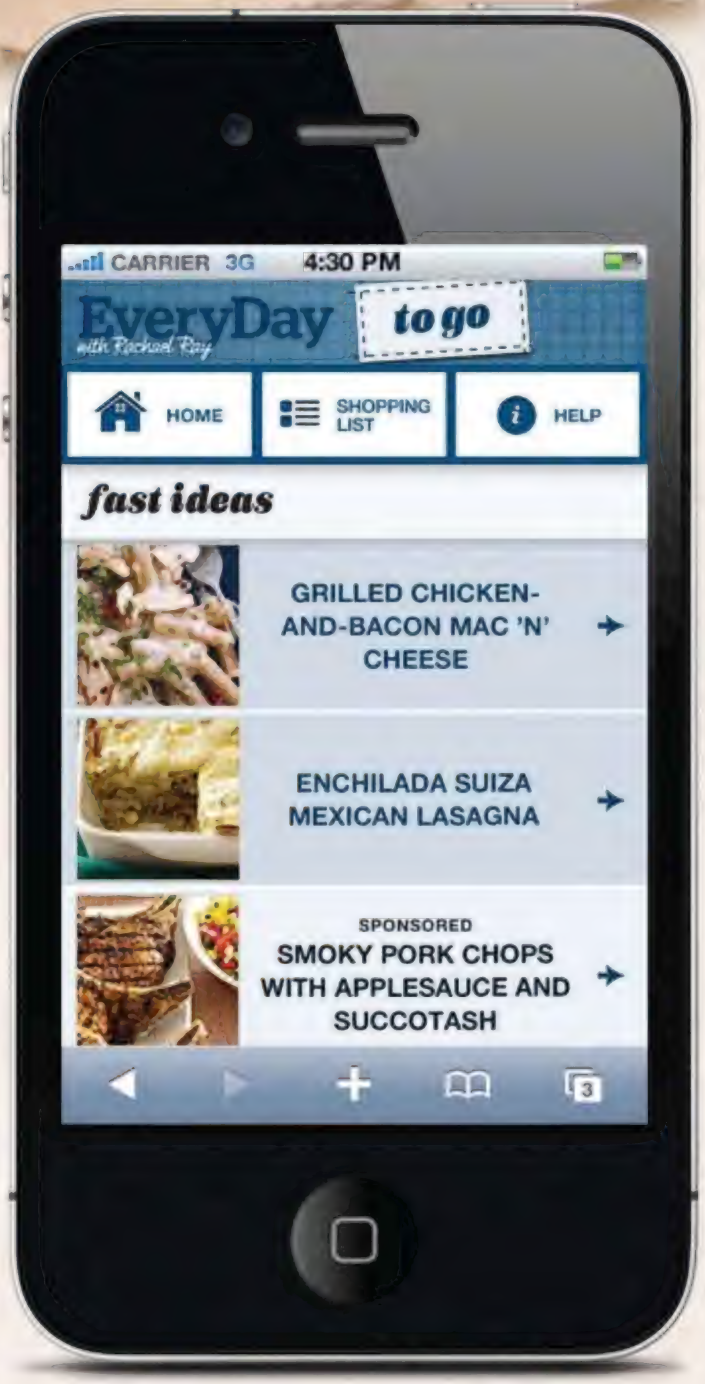


YUM!

24 Asian Fish Pancakes

½ cup flour • 1 tsp. salt • 1 egg • 1 cup cooked flaked fish • 2 scallions, sliced • 1 red chile, minced • 2 tsp. oil • soy sauce → Whisk together ⅔ cup water, flour, salt and egg. Stir in fish, scallions and chile. In 8-inch nonstick skillet, heat ⅓ tsp. oil. Spread ⅓ cup batter to fit skillet. Fry both sides until golden. Repeat with remaining oil and batter. Serve with soy sauce.

Food Dare!

25 Kofta Kebabs

1 lb. ground lamb • 2 tsp. paprika • 2 tsp. minced garlic • ¼ cup chopped parsley • 2 tsp. cumin • 2 tsp. pine nuts • 1 tsp. cinnamon • 1½ tsp. salt • zest of 1 lemon • 4 flatbreads • 2 tbsp. EVOO • yogurt, chopped tomatoes and parsley leaves, for garnish → Combine all up to breads. Mold into 4 logs on skewers. Grill 6 to 8 minutes. Brush breads with EVOO; grill 2 minutes. Serve with garnishes.

On-the-Go Sammies

26 Cornmeal-Crusted Dippers

¾ lb. peeled shrimp • salt and pepper • 1 egg, beaten • ½ cup cornmeal • ¼ cup oil • ½ cup cocktail sauce • 2 tsp. horseradish sauce → Season shrimp. Dip in egg; coat with cornmeal. Cook shrimp in hot oil until golden. Mix sauces and serve on side.

Shrimp Cocktail

27 Shepherd's Pie

1½ lbs. potatoes, quartered • 4 oz. goat cheese • ½ cup half-and-half • 2 tbsp. butter • 4 cups leftover stew → Cook potatoes. Mash with cheese, half-and-half and butter. Place stew in 6-cup baking dish; spread potatoes on top. Bake at 375° until browned.

Eat Up Leftovers!

28 Grilled Stone Fruit

4 peaches, plums or nectarines, halved and pitted • 1 tbsp. EVOO → Brush fruit with EVOO. Grill until marks appear, 2 to 3 minutes per side. Dessert: Top with yogurt and granola. Side: Serve with swordfish.

Double-Duty Dish

29 Quick Caesar Dressing

4 anchovies • 2 cloves garlic • 2 tbsp. each lemon juice and dijon mustard • ¾ cup EVOO • ½ cup grated parmesan → In blender, puree anchovies, garlic, lemon juice and mustard. Mix in EVOO and cheese.

Salad Classic

30 Beef-and-Asparagus Negimaki

1 lb. beef tenderloin • 1 bunch thin asparagus • 1 bunch thin scallions, ends trimmed • 1 tbsp. plus 2 tsp. sesame oil • ¼ cup soy sauce • 3 tbsp. sugar • 1 tbsp. oyster sauce • 1 tbsp. chopped garlic → Cut tenderloin crosswise on diagonal to make long, ½-inch-thick slices; pound thin. Roll up 1 asparagus spear and 1 scallion in each beef strip. In large skillet, heat 2 tsp. sesame oil over high heat. Sear rolls on all sides, about 1 minute; transfer to plate. Add remaining ingredients to pan, whisking until thick, about 2 minutes. Slice rolls into 1-inch pieces. Serve with sauce.

finger FOOD

31 Bacon-Wrapped Egg Sandwich

2 eggs • 1 tsp. butter • 2 slices sandwich bread • 1 slice bacon → Softly scramble eggs in butter. Sandwich between bread; wrap with bacon. Cook in skillet over medium on both sides until golden.

5-Minute Breakfast Sandwich

32 Herb Compound Butter

1 tbsp. each minced fresh parsley, thyme and rosemary • ¼ tsp. salt • ½ lb. softened unsalted butter → Mix herbs and salt into butter; form into log, wrap and refrigerate. Use on steak, vegetables or toast.

Quickie Condiment

SHOP THESE RECIPES... Get a customized grocery list for them sent to your phone! Download the free mobile app at gettag.mobi and use it to snap this bar code.


Kool-Aid Jammers
Kiwi Strawberry
Fun on the run.
©2011 Kraft Foods

fun

shore things!

They work magic at the stove, but betcha didn't know your kitchen tools could be just as handy making sandcastles! Put your spatula, ice cream scoop and basting brush to good use at the beach.

1 **Basting brushes** smooth away mistakes. Use their pliable bristles to wipe away loose grains or design bloopers.

2 **Offset spatulas** level off towers and trim walls or steps without crushing the structure—their sides are slightly serrated.

3 **Ice cream scoops** clear sand from small areas that square shovels might overwhelm.

4 **Loaf pans** build towers. Pack them with slightly wet sand, wait a moment, then turn them over. Cake pans work well, too.

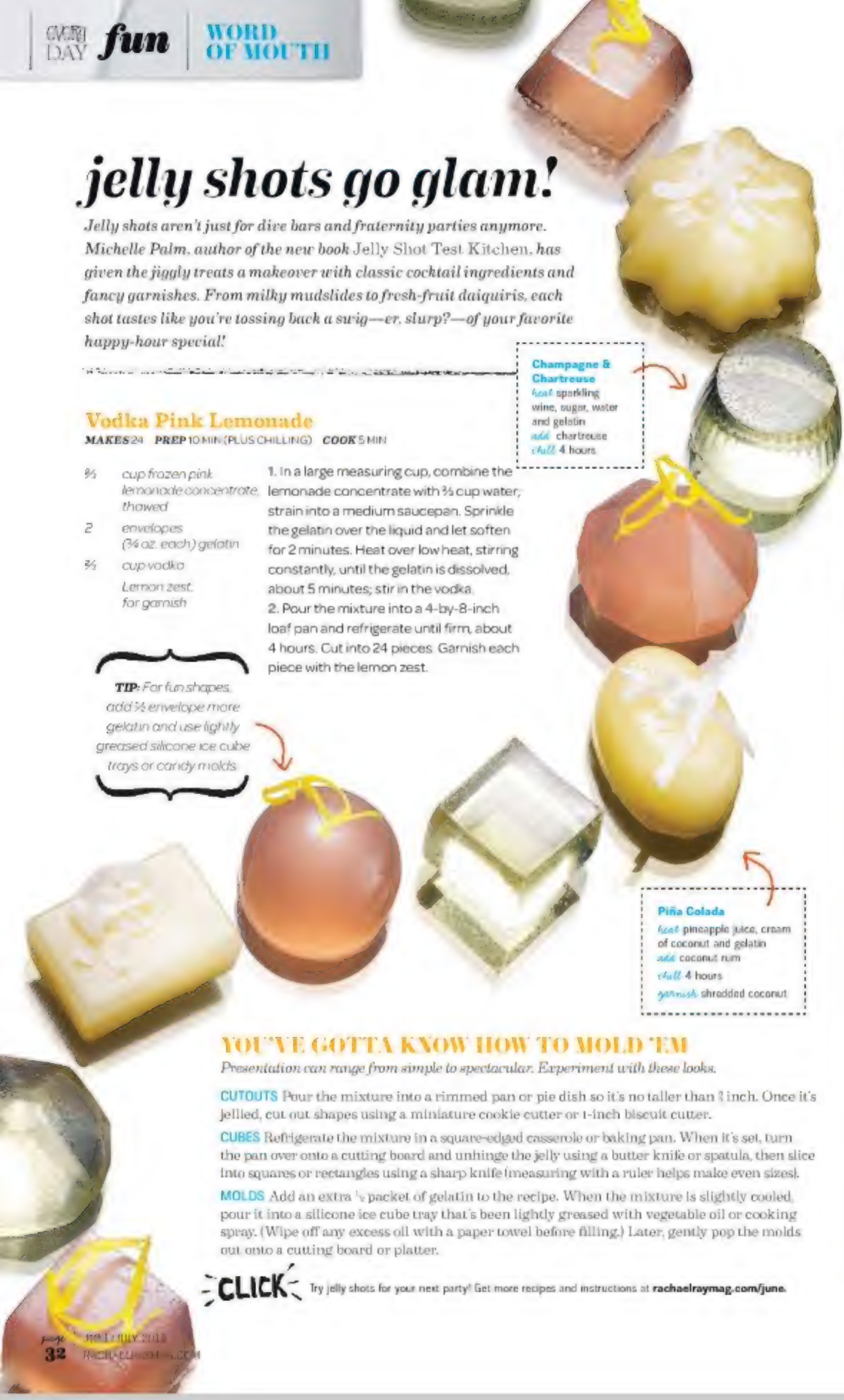
5 **Measuring spoons** scallop edges. Cut into the sand horizontally first, then push down. Twist the handle side to side to make perfect mounds.

6 **Cookie cutters** stencil designs. Press them into sandy surfaces to create shapes in walls or make fun borders around castles.

TEXT BY ELIZABETH BARKER | PHOTOGRAPH BY LEVI BROWN
THANKS TO OUR SANDCASTLE EXPERT, LUCINDA WIERENGA!

jelly shots go glam!

Jelly shots aren't just for dive bars and fraternity parties anymore. Michelle Palm, author of the new book Jelly Shot Test Kitchen, *has given the jiggly treats a makeover with classic cocktail ingredients and fancy garnishes. From milky mudslides to fresh-fruit daiquiris, each shot tastes like you're tossing back a swig—er, slurp?—of your favorite happy-hour special!*



Champagne & Chartreuse
heat sparkling wine, sugar, water and gelatin
add chartreuse
chill 4 hours

Piña Colada
heat pineapple juice, cream of coconut and gelatin
add coconut rum
chill 4 hours
garnish shredded coconut

Vodka Pink Lemonade

MAKES 24 **PREP** 10 MIN (PLUS CHILLING) **COOK** 5 MIN

- ⅔ cup frozen pink lemonade concentrate, thawed
- 2 envelopes (¾ oz. each) gelatin
- ⅔ cup vodka
- Lemon zest, for garnish

1. In a large measuring cup, combine the lemonade concentrate with ⅔ cup water; strain into a medium saucepan. Sprinkle the gelatin over the liquid and let soften for 2 minutes. Heat over low heat, stirring constantly, until the gelatin is dissolved, about 5 minutes; stir in the vodka.
2. Pour the mixture into a 4-by-8-inch loaf pan and refrigerate until firm, about 4 hours. Cut into 24 pieces. Garnish each piece with the lemon zest.

TIP: *For fun shapes, add ½ envelope more gelatin and use lightly greased silicone ice cube trays or candy molds.*

YOU'VE GOTTA KNOW HOW TO MOLD 'EM

Presentation can range from simple to spectacular. Experiment with these looks.

CUTOUTS Pour the mixture into a rimmed pan or pie dish so it's no taller than ¾ inch. Once it's jelled, cut out shapes using a miniature cookie cutter or 1-inch biscuit cutter.

CUBES Refrigerate the mixture in a square-edged casserole or baking pan. When it's set, turn the pan over onto a cutting board and unhinge the jelly using a butter knife or spatula, then slice into squares or rectangles using a sharp knife (measuring with a ruler helps make even sizes).

MOLDS Add an extra ½ packet of gelatin to the recipe. When the mixture is slightly cooled, pour it into a silicone ice cube tray that's been lightly greased with vegetable oil or cooking spray. (Wipe off any excess oil with a paper towel before filling.) Later, gently pop the molds out onto a cutting board or platter.

CLICK Try jelly shots for your next party! Get more recipes and instructions at **rachaelraymag.com/june.**

hot dog heavyweights take the stage!

A new off-off-Broadway musical is written *for* foodies, *about* foodies. *Hot Dogs: The Competitive Eating Musical* opens this fall in NYC, but brush up on the real eaters this summer. Check the Major League Eating site (*ifoce.com*) for events, and watch for these rising stars:

PAT "DEEP DISH" BERTOLETTI
This chef orders an average of 12 dishes when he eats out. He holds over 30 records, one for eating 47 slices of pizza in 10 minutes.

BOB "NOTORIOUS B.O.B." SHOUDT
A vegetarian when not competing, Bob holds a record for the largest volume of contest food ever consumed: 2.44 gallons of salmon chowder in 6 minutes.

"THE LOVELY" JULIET LEE
Barely 100 pounds, this salon owner can eat with the big boys. In November 2007, she ate 13.23 pounds of cranberry sauce in 8 minutes.
—STEPHEN CAMELIO

PHOTOGRAPH BY ERIN BAGWELL; FOOD STYLING BY LIZA JERNIGAN; PROP STYLING BY LISA LEE FOR HALLEY RESOURCES

fine-dining fake-out!

Found: disposable dishware that isn't an eyesore. We bet you can't spot the plastic imposters on this table. BY ELISA HUANG

These shatterproof plastic wine glasses have crystal-like clarity and no plastic-cup taste. *Govino stemless wine glasses, $13 for 4, govinowine.com*

Ceramic look-alike plastic coffee mugs are weighty enough that they won't blow away while you wait for the dessert course. *Square white coffee mug, $7 for 8, smartyhadaparty.com*

This knock-off plate gleams like real porcelain *and* you can toss it afterward. We might like it better than the real thing! *10.25-inch dinner plates, $10 for 10, smartyhadaparty.com*

Look at these utensils shine! No polishing needed. The plastic sets only *look* like fancy flatware. *"Brilliance" by Diamond, $3.50 for 10 sets, at Target stores*

BOSTON DINERS ARE THE TECHIEST!

Beantown is home to some of the latest advances in restaurant tech. Check out what the locals do:

They Text Their Waiters Charlies Kitchen in nearby Cambridge *(10 Eliot St., 617-492-9646, charlieskitchen.com)* was one of the first to use **TextMyFood**, a customer-to-waiter text-messaging system. When a server is out of sight, diners can text their drink and food orders directly to a touch screen in the kitchen.

They Replaced Bulky Beepers Used almost exclusively in Boston locations, including Finale Desserterie & Bakery *(30 Dunster St., Cambridge, 617-441-9797, finaledesserts.com)*, the **Textaurant** service eliminates the need to carry reservation buzzers around. The hostess enters your phone number into a machine that auto-texts you when the table is ready. A new upgrade, due out this year, will allow diners to put their names on the web wait list before they arrive.

They Track Their Orders by Touch Screen Thanks to a new tablet device called **E la Carte** (designed by MIT students), customers can view photos and nutritional information for all a restaurant's dishes, as well as place orders, track the food's progress from the kitchen and play games while waiting. Uno in Harvard Square *(22 JFK St., Cambridge, 617-497-1530, unos.com)* is one of the first to test the pilot version.

They Check Themselves Out A device called the **Ziosk** lets diners pay their bill and email themselves a receipt through a tableside screen. It originated in Dallas but is gaining popularity faster in Boston than anywhere. —ALLYSON DICKMAN

DINING FAKE-OUT BY LEVI BROWN; PROD. STYLING BY LISA LEE FOR HALLEY RESOURCES

Nibble on This!

"Brain freeze," a term coined in 1994 by 7-Eleven to explain the head pain you get from drinking a Slurpee too fast, is an actual medical condition! The scientific term is sphenopalatine ganglioneuralgia, and it's a quick-hitting headache triggered by a chilling of nerves in the roof of the mouth.

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Shrimp and Grits

The Nook, Atlanta

This Southern-inspired specialty is crammed with spicy shrimp and gouda, then topped with a fried sausage-grits cake and smoked tomato butter sauce. Owner Adam Gajadharsingh won the people's choice award in a charity burger contest with it, then made it a menu staple. *$13.95, 1144 Piedmont Ave. N.E., 404-745-9222*

Caramelized Apples, Onions and Brie

Larchmont Bungalow, Los Angeles

Leave it to a California eatery to make a healthier stuffed burger. A ground turkey patty is filled with caramelized apples, sautéed onions and a slice of creamy brie. Chef Ken Bernard finishes it with tomato and a pile of wild arugula. *$12.95, 107 N. Larchmont Blvd., 323-461-1528*

stuff that burger!

Toppings no longer get all the attention. Restaurants are packing ingredients—from shrimp to baked beans—within the patty. Here's what you'll find where. BY LIZBETH SCORDO

Herbed Garlic Butter

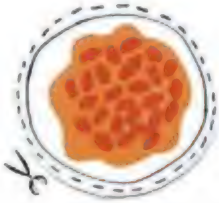
Crest Cafe, San Diego

Their melt-in-your-mouth butter burger—a patty packed with garlic-and-herb butter, then topped with cheddar, spicy mayo and more butter—has its own section on the menu. *$10.25, 425 Robinson Ave., 619-295-2510*

Brown Sugar Baked Beans

Chester's Restaurant, Branson, MO

The cooks at Chester's like things saucy: Their Chrissy burger oozes with bacon-spiked brown sugar baked beans and gets a healthy dollop of their signature sauce—a mix of mayo, ketchup, garlic and vinegar—on top. *$11.95, 2005 W. Hwy. 76, 417-334-7838*



Coleslaw, Swiss Cheese and Russian Dressing

Bliz Burgers, North Brunswick, NJ

Most popular with the college student "young'uns," according to owner Jimmy Bliziotis, the Rowdy Reuben burger mimics the old-school deli sandwich, but with ground beef and a challah roll in place of corned beef and rye. The chef packs coleslaw, swiss cheese and russian dressing between two ½-pound patties. *$6.35, 468 Renaissance Blvd. E., 732-422-0700*

nibble on this!

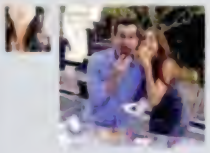
The first recipe for ketchup, from the early 1700s, contained no tomatoes! The formula was a mixture of anchovies, shallots, vinegar, white wine and spices.

EAT AND TWEET

We're not the only ones who can't stop talking about food! These celebs dished about their dishes, desserts and celebrations on their Twitter feeds.

@SofiaVergara

Cupcake tiiime!!! Gracias Ty!

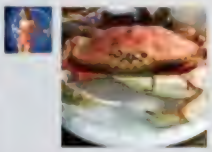


@ehasselbeck

Cookies kids made for Grace's birthday tomorrow! We had a messy blast!

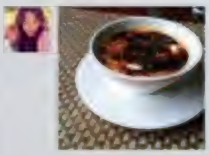
@ElizabethBanks

Neptune's Net. I ate this guy.



@jessicaalba

Yummy prix fix lunch at the "downstairs" restaurant here's the creme brulee dessert



VERGARA, HASSELBECK AND BANKS COURTESY OF YFROG.COM. ALBA COURTESY OF PLIXI.COM. ILLUSTRATIONS BY JENNY BOWERS.

"I've been taking an antidepressant, but my depression was still creeping up on me."

If you've been on an antidepressant for at least 6 weeks and are still struggling with depression, having ABILIFY added to your antidepressant may help with unresolved symptoms in as early as 1-2 weeks.*

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Important Safety Information

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

ABILIFY® (aripiprazole)
2 mg, 5 mg Tablet
+ me

Ask your doctor about the option of adding ABILIFY.

Register for a free ABILIFY offer† at ABILIFYfreeOffer.com.

*Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

†Restrictions apply.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.ppain.org

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January 2011

IMPORTANT INFORMATION ABOUT ABILIFY (aripiprazole)

ABILIFY® (a BIL I fi) **℞ ONLY**
(aripiprazole)

This summary of the Medication Guide contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

What is the most important information I should know about ABILIFY?

Serious side effects may happen when you take ABILIFY, including:

- **Increased risk of death in elderly patients with dementia-related psychosis:**
  Medicines like ABILIFY can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.
- **Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:**
  Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions including people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

  How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
  - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
  - Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
  - Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

  Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:
  - thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, trouble sleeping (insomnia), new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behavior or mood.

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used to treat:

- major depressive disorder in adults, as an add-on treatment to an antidepressant medicine when you do not get better with an antidepressant alone.

The symptoms of major depressive disorder (MDD) include feeling of sadness and emptiness, loss of interest in activities that you once enjoyed and loss of energy, problems focusing and making decisions, feeling of worthlessness or guilt, changes in sleep or eating patterns, and thoughts of death or suicide.

What should I tell my healthcare provider before taking ABILIFY?

Before taking ABILIFY, tell your healthcare provider if you have or had:

- diabetes or high blood sugar in you or your family; your healthcare provider should check your blood sugar before you start ABILIFY and also during therapy.
- seizures (convulsions).
- low or high blood pressure.
- heart problems or stroke.
- pregnancy or plans to become pregnant. It is not known if ABILIFY will harm your unborn baby.
- breast-feeding or plans to breast-feed. It is not known if ABILIFY will pass into your breast milk. You and your healthcare provider should decide if you will take ABILIFY or breast-feed. You should not do both.
- low white blood cell count.
- phenylketonuria. ABILIFY DISCMELT Orally Disintegrating Tablets contain phenylalanine.
- any other medical conditions.

Tell your healthcare provider about all the medicines that you take or recently have taken, including prescription medicines, non-prescription medicines, herbal supplements, and vitamins.

ABILIFY and other medicines may affect each other causing possible serious side effects. ABILIFY may affect the way other medicines work, and other medicines may affect how ABILIFY works.

Your healthcare provider can tell you if it is safe to take ABILIFY with your other medicines. Do not start or stop any medicines while taking ABILIFY without talking to your healthcare provider first. Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

How should I take ABILIFY?

- Take ABILIFY exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking ABILIFY yourself.
- ABILIFY can be taken with or without food.
- ABILIFY tablets should be swallowed whole.
- If you miss a dose of ABILIFY, take the missed dose as soon as you remember. If it is almost time for the next dose, just skip the missed dose and take your next dose at the regular time. Do not take two doses of ABILIFY at the same time.
- If you take too much ABILIFY, call your healthcare provider or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What should I avoid while taking ABILIFY?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how ABILIFY affects you. ABILIFY may make you drowsy.
- Do not drink alcohol while taking ABILIFY.
- Avoid getting over-heated or dehydrated.
  - Do not over-exercise.
  - In hot weather, stay inside in a cool place if possible.
  - Stay out of the sun. Do not wear too much or heavy clothing.
  - Drink plenty of water.

What are the possible side effects of ABILIFY (aripiprazole)?

Serious side effects have been reported with ABILIFY including:

- **Neuroleptic malignant syndrome (NMS):** Tell your healthcare provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.
- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes), your healthcare provider should check your blood sugar before you start ABILIFY and during therapy.

  Call your healthcare provider if you have any of these symptoms of high blood sugar while taking ABILIFY:
  - feel very thirsty, need to urinate more than usual, feel very hungry, feel weak or tired, feel sick to your stomach, feel confused, or your breath smells fruity.
- **Difficulty swallowing:** may lead to aspiration and choking.
- **Tardive dyskinesia:** Call your healthcare provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking ABILIFY. Tardive dyskinesia may also start after you stop taking ABILIFY.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting when rising too quickly from a sitting or lying position.
- **Low white blood cell count**
- **Seizures (convulsions)**

Common side effects with ABILIFY in adults include nausea, inner sense of restlessness/need to move (akathisia), vomiting, anxiety, constipation, insomnia, headache, restlessness, dizziness.

These are not all the possible side effects of ABILIFY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about ABILIFY

- Store ABILIFY at room temperature, between 59°F to 86°F. Opened bottles of ABILIFY Oral Solution can be used for up to 6 months after opening, but not beyond the expiration date on the bottle. Keep ABILIFY and all medicines out of the reach of children.
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ABILIFY for a condition for which it was not prescribed. Do not give ABILIFY to other people, even if they have the same condition. It may harm them.
- This summary contains the most important information about ABILIFY. If you would like more information, talk with your healthcare provider. For more information about ABILIFY visit www.abilify.com.

Tablets manufactured by Otsuka Pharmaceutical Co. Ltd, Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

Bristol-Myers Squibb

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TRISHA YEARWOOD

The platinum-selling singer was born in Georgia, but now calls Nashville home. Her in-town itinerary is landmark country classics all the way.

JUSTIN TOWNES EARLE

Born and raised in Nashville, this Southern Americana singer knows all the good locals-only gems. (He's played at some of Rach's parties, too!)

two takes on nashville

Country superstars choose their standout spots in Music City USA. BY AMANDA WAAS

1 musicians' hangout

While the Ryman Auditorium across the street may bring in bigger musical acts, **Tootsie's Orchid Lounge** is where all the musicians hang out after their shows. "They walk straight across the alley from the back door of one to the other," Trisha says. "It still has that classic country atmosphere. I always imagine Patsy Cline sitting at the bar whenever I walk in." *422 Broadway, 615-726-0463, tootsies.net*

2 fried chicken to go

No seats in **Something Special** restaurant: Everything is to go. "They've got the best fried chicken, second only to my mama's. It's so good, my husband, Garth (Brooks), and I had it flown to Oklahoma for our wedding!" The meals travel well in-town, too: Orders come boxed with fancy sides, like marinated asparagus and peppery pasta salad. *107 Heady Drive, 615-352-0296, somethingspecialtn.com*

3 cultural nostalgia

It sounds touristy, but the **Country Music Hall of Fame and Museum** at Fort Negley Park is the real deal! The museum is 130,000 square feet of pure country music history and memorabilia, right down to Johnny Cash's guitar. "The architecture is among the most striking in the city. When I first moved to town, I was a tour guide here!" *222 5th Ave. S., 615-416-2001, countrymusichalloffame.org*

4 outdoor movie spot

Don't forget to get outside! **Centennial Park** has walking trails, picnic tables and Silver Screen Saturdays in the summer: "I bring a blanket, sit on the grass, and watch the classic movies they play on the big screen, like *Gone with the Wind*." *1100 Fort Negley Blvd., 615-862-8470*

5 cool clothing store

Step over the lazy dog that hangs out in the doorway of **Imogene + Willie** to pick up a pair of hand-stitched jeans. It's set up in an old gas station, used sewing patterns hang from the ceiling, and vintage sewing machines and clothes are everywhere. "They host acoustic concerts in the back, too," Justin says. "I've played one myself." *2601 12th Ave. S., 615-292-5005, imogeneandwillie.com*

6 after-work hangout

The extra-long happy hours at **FooBar** offer the best of both worlds: You can play old-school board games like Operation, Checkers and even Hungry Hungry Hippos, so it's a "semi-adult and semi-childish good time. Plus, they always have great live music." (On Mondays you can join in—it's karaoke night.) *2511 Gallatin Road, 615-226-7305, thefoobarnashville.com*

7 kick back + relax coffee shop

Neighborhood spot **Sip Café** serves hand-roasted coffee and is sure to have townies from all walks sitting and sipping on the shady brick patio out back. "It's Drew's Brews locally brewed coffee, my absolute favorite cup." If you're not in town, order a bag of those famous beans at drewsbrewscoffee.com. *1402 McGavock Pike, 615-227-1035*

8 spicy fried chicken

True to its name, the cast-iron-skillet-fried chicken at **Prince's Hot Chicken Shack** is scorch-your-mouth spicy. (Warning: The white bread slices stacked alongside don't help much—even the "mild" order has kick.) "Their chicken is coated with the spiciest substance on the face of the Earth. You'll see people eating with tears in their eyes." *123 Ewing Drive, 615-226-9442*

Nibble on This!

Wedding cakes were once savory wedding pies! Until the 19th century, nuptials were celebrated with something called the "bride's pie"—a pastry filled with sweetbreads, mincemeat or mutton.

ILLUSTRATIONS BY KELLY SMITH

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the Mustard Man

When Barry Levenson's mustard collection grew out of control, he did the only sensible thing: opened a museum. BY GINA HAMADEY

BARRY LEVENSON knows the exact moment he started collecting mustard: 2:30 a.m. October 28, 1986—after the Red Sox lost the World Series. Despondent, he pushed a cart down the aisles of a 24-hour market ("a good place for a walk"). He knew it wasn't healthy for a grown man to be so depressed over a game. *I need a hobby*, he thought. Just then, he looked up to see jars of mustard. "They seemed to say to me, 'If you collect us, they will come.'"

Barry quickly snapped up the 30 mustards sold nearby, then mail-ordered more. And more. The local paper ran a story about his collection once it reached 500 jars. A friend of his quipped, "What is this, the Wisconsin Mustard Museum?" For Barry, it was a lightbulb moment. "I didn't want to look back at my life and wonder *what if?*" he said. So he quit his day job—as an assistant attorney general for the state—and rented a 1,400-square-foot space.

The National Mustard Museum now displays more than 5,300 jars and welcomes 35,000 visitors a year. If you're one of them, you'll be able to buy—and taste—450 varieties, watch a video on mustard's 700-year history and tackle some trivia questions. [Does American yellow mustard get its color from a) saffron; b) food dye; c) turmeric; or d) crayons? If you guessed "c," you are correct.]

If not for mustard, Barry wouldn't have met his wife, Patti. She heard Barry on the radio, singing a fight song for "Poupon U," the museum's so-called university. Patti tracked him down and asked him to organize a tasting at her social club. "I guess you could say it was love at first squeeze," he said.

Barry actually talks like this. He also signs his e-mails "Condimentally yours" and, in reference to a lunchtime interview, quipped, "I'll bring the mustard!" At the museum, if you'd like to watch a video, you'll have to do it in the "Mustardpiece Theatre."

What about the condiment inspires this level of devotion (and this many puns)? Barry's quick to rattle off its attributes: It's healthy, with a rich history and versatility. "Mustard is a blank canvas," he says. "You can paint works of art with a little creativity." To that end, artisans add lemon, lavender and even root beer. Barry insists that each deserves a special place on his shelves.

He thinks back on the supermarket trip that started it all: "What struck me was that I'd never be lonely, because I would belong to a community of mustard lovers, and every year we'd all meet up at a collectors' convention. It turns out nothing like that existed." In opening his museum, he created something even better.

BARRY'S 5 desert island MUSTARDS

These jars are available at select supermarkets or mustardmuseum.com.

Norman Bishop Dill & Garlic Mustard
"Creamy and smooth, with lots of dill flavor and just a hint of garlic. It's perfect with salmon." ($5.50)

Slimm & Nunne Sweet & Nicely Hot Mustard
"The sweet taste ends with a nose tickle. I eat it with a spoon; it's also great for pretzel dipping." ($5.75)

Grey Poupon Dijon Mustard
"It may be everywhere, but it's really good, especially in vinaigrettes." ($5.50)

Boetje's Stone Ground Mustard
"This stone-ground, Dutch-style mustard has achieved a cult following; slather it on grilled sausages and ham sandwiches." ($3.50)

K.L. Keller Dijon with Black Truffle
"Truffles are pricey, but the earthy flavor will elevate any burger to new heights." ($20)

Barry by the numbers

43 mustards in his home refrigerator

1 children's book he has authored (*Mustard on a Pickle*)

6,575 days from when he started the collection to when the Red Sox won the World Series

200 mustards he's tried and wanted to spit out ("It takes a lot of skill to make a great one.")

4 number of plays in which Shakespeare mentioned mustard

0 times Shakespeare mentioned ketchup

LEVENSON, TODD BAYTER; RED SOX, GETTY IMAGES; MUSTARDS, STOCKFOOD.COM; ILLUSTRATION ON EDGE, G/M

BEAT YOUR SHORTS HANG-UP

Whatever your fears, Rach's buddy **GRETTA MONAHAN** *says there's a pick to flatter you. Really!*

COLOR: Solid, dark colors and thick fabrics, like denim or thick cotton, have shape-smoothing and minimizing powers.

FIT: Shorts should float away from the body. By not hugging every inch, they smooth thighs, creating a leaner silhouette. A high, thick waistband and a clean style (no big pockets or pleats) will also slim you.

LENGTH: They should hit a few inches above the knee, so you see just the narrowest part of the leg, leading you to assume what's above is shapely, too!

PAIR IT WITH: flowy tops or blazers, which create dimension on top to balance your upper and lower halves.

COLOR: Mix colors and prints fearlessly. People will notice your clothes more (and your legs less) if there are bold details to grab their attention.

FIT: Form-fitting—but not tight—shorts with cargo pockets or pleats will balance skinny bottoms.

LENGTH: Wear pairs on the longer side, hitting at the knee or just below. The additional length will help bulk up bony legs and solidify your lower half.

PAIR IT WITH: vibrant jewelry or a busy top to give the entire look a more substantial feel. The one place you should go small: shoes. Choose flats or strappy sandals—chunky styles will dwarf legs.

COLOR: A touch of color, such as a pastel, or a subtle pattern will naturally pull the eyes upward and away from the problem area.

FIT: Go for fitted pairs, preferably with a cuff that takes focus away. If they're too tight, they will practically point right at your knees!

LENGTH: Shorts that hit at the halfway point of your thigh are ideal. Showing more of your lower thigh will make your legs look longer.

PAIR IT WITH: bold detail at the ankles, such as chunky wedges or platform shoes, to make knees look smaller in proportion.

PROP STYLING BY RENATA CHAPMANSKY. INC CUFFED CITY SHORTS (ON RACHEL, $50, M4O75.COM)

BY HOLLY CRAWFORD / PHOTOGRAPHY BY CHRIS BARTLETT / ILLUSTRATIONS BY MONTANA FORBES

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corningware.com

Shorts that work magic...

1. **Gabrielle shorts**, $20, ridersbylee.com for stores
2. **Merona for Target clean bermuda shorts in Restful Green**, $18, target.com
3. **Worthington by JCPenney belted capris in black**, $20, jcp.com
4. **Challis culottes**, $18, kmart.com
5. **Cuffed shorts with belt in white**, $25, at Marshalls stores
6. **LC by Lauren Conrad tied shorts**, $40, kohls.com
7. **Sailor-style cuffed shorts in Burnt Red**, $25, at Marshalls stores
8. **Pleated drawstring linen shorts in Grape Royale**, $18, kmart.com
9. **Karly self-tie denim shorts**, $60, gap.com

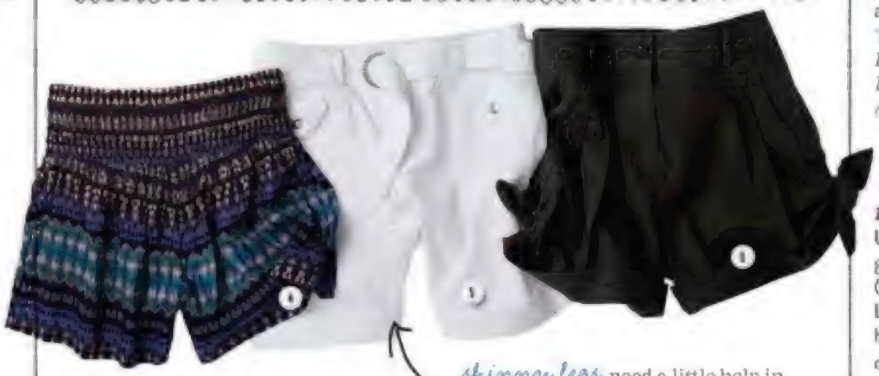
Style tips for everyone!

✓ Focus on ***fit***, not tag size. Your shorts should fit your ***widest part*** comfortably.

✓ For pairs you might already own, ***hemming*** the length, nipping in at the waist or sewing flappy pockets shut can ***slim a silhouette***.

✓ Flesh-colored ***tights*** conceal a multitude of sins. They also dress up shorts for nighttime.

curvy bodies will look smooth and slim in classic shorts with a looser fit.



skinny legs need a little help in the dimension department: Look for patterns, bows and flappy pockets.

knobby knees benefit from shorter shorts. Cuffs and belts are bonuses—they draw the eyes upward!

Secret weapons for sexier legs

Gradual Fix:

EXFOLIATION

Use an exfoliating body wash every day and a body scrub once a week. The buffing whisks away dry skin cells, preventing ingrown hairs and bumps, and helps moisturizer and tanner go on smoothly.

Try: *Dove Gentle Exfoliating Nourishing Body Wash, $8, at drugstores*

Long-Lasting Fix:

SELF-TANNING LOTIONS

Use a moisturizer that gradually tans and tightens (firming formulas do this). Lightly bronzed skin will help hide spider veins, scars and other minor imperfections.

Try: *Jergens Natural Glow Firming Daily Moisturizer, $9, at drugstores*

Instant Fix:

"LIQUID STOCKINGS"

The stars use Vaseline before photo ops to give legs a reflective glow. Get the effect (without the gloop) by using body oil or shimmer cream on shins. For anything these won't disguise (stretch marks or bruises), try body makeup—it's thicker than foundation and won't smear if you cross your legs.

Try: *Neutrogena Body Oil Light Sesame Formula, $10, at drugstores; Dermablend Leg & Body Cover SPF 15, $27, ulta.com*

Shorts Rock the Red Carpet!

We know, we know—celebs have stylists. Well, props to them for choosing these ultra-flattering pairs! From left: Jessica Simpson, Sofia Coppola, Keri Russell, Rashida Jones, Fergie

SIMPSON: RUSSELL AND FERGIE: WIREIMAGE.COM; COPPOLA: ANDY GREEN; JONES: GETTY IMAGES

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1. SOURDOUGH TURTLES
Members of the seasonal bread club receive two hand-shaped loaves a month, in cute turtle, crab and turkey shapes. $22 a month, boudinbakery.com

2. RETRO RIBBON CANDY
Hand-pulled sweets in clove and cherry. $20 for 4, hammondscandies.com

3. RUBY RED POPCORN
Colored kernels explode with a slight sweetness. $6 and up, urbanaccents.com

4. GOURMET KETCHUP
Chili, lavender, thyme and cumin add a smoky, spicy twist. $13, oliviersandco.com

5. BBQ SAUCE
Championship Red was named "best sauce on the planet." $5, bigbobgibson.com

6. CANVAS COOKIES
Sugar cookies as vintage travel posters. $25 for 6, artgallerycookies.com

7. BLAZIN' TEQUILA GLAZE
Made with peppers, tequila and cane sugar. $10, auntsallys.com

8. BEE CAKE BALLS
Buzzworthy treats dipped in chocolate. $29 and up for 12, austincakeball.com

PHOTOGRAPHY BY CHARLES MASTERS

ILLUSTRATIONS BY CAROLINE ANDRIEU

"*This summer you have to try*...THESE FOODS AND GADGETS!"

1. This spicy, garlicky **Mother-in-Law's Kimchi** is great for a Korean-style barbecue. $8, milkimchi.com for stores **2.** John twists a flexible **Fire Wire skewer** around foods he's cooking on the grill. $20 for 2, ivgstores.com **3.** I like that **Tanteo Jalapeño Tequila** tastes good on its own and adds heat to margaritas! $43, drinkupny.com

< RACHAEL

EVERYDAY *fun* | FAVES

STYLE

1. MILLINERY HAT
Flora Bella Layla striped hat in silver and gray. $120, frontgate.com

2. STRING BIKINI
Becca by Rebecca Virtue top ($38) and bottom ($38) in Purple Passion. londomondo.com

3. AVIATOR SUNGLASSES
Black sun shades. $20, at Marshalls stores

4. CROCHET COVER-UP
Lucky Brand Island Gypsy dress. $98, bloomingdales.com

5. WOVEN LEATHER BELT
Motif 56 Judi belt. $110, at Bergdorf Goodman

6. THIN-STRAP FLIP-FLOPS
Havaianas Prisma in gray slim. $24, havaianas.com

7. SEQUINED BEACH BAG
Canvas tote in mint. $86, deuxlux.com

8. SPARKLE IPAD CASE
Sweethearts quilted in purple. $53, deuxlux.com

9. DIGITAL CAMERA CASE
Retro Thomas Paul screen print. $25, papertrailrhinebeck.com

STYLING BY JASON BLEDSOE FOR HALLEY RESOURCES. MARKET EDITING BY JANE HARRISON FOX AND CARA APOTHEKER

"*Hats are*...THE HOTTEST ACCESSORIES OF THE SEASON!"

1. On or off the beach, a **Riley straw fedora** will be your go-to summer topper. $112, nordstrom.com **2.** Go from basic to bold with a floral reversible **bucket hat**. $60, sandiegohat.com **3.** The wide brim of a **Riviera hat**—with tie-dyed lining!—will keep you cool in the sun. $98, bloomingdales.com

JANE HARRISON FOX, *Rach's fashion stylist*

dear chemically dependent moms,

you might believe you're in control of your substances, but the habit you've developed is affecting the people you love. luckily, we're here to intervene.

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if you're ready, we'd be proud to be your detox sponsor. and the next time you face temptation, write us at www.methodhome.com. we're with you every step of the way.

for the love of clean,™

method.

EVERY DAY *fun* FAVES

HOME

1. EGGPLANT HOSE
Room Essentials purple hose ($10) and blue nozzle ($4). target.com

2. CLOTH NAPKINS
Party-perfect designs by John Robshaw. $40 for 4. johnrobshaw.com

3. PLANT MARKERS
Adorable and UV-resistant rubber tags. $17 for 6. sprouthome.com

4. FAUX CROC TRAY
Round Everglades server (16"). $30. zgallerie.com

5. MASON JAR SIPPERS
Old-timey bottles with striped straws. $36 for 12. acmepartybox.com

6. TWO-SIDED TUMBLERS
Jonathan Adler plastic cups show what you're sipping. $13 for 6. lifeguardpress.com

7. WATERMELON KNIFE
This large, 11-inch serrated blade (with safety cover) slices easily through the rind. $25. momastore.org

8. PAPER PLACEMATS
Make a mess, then rip and toss Apple & Pine mats! $25. abode-newyork.com

"Light up your yard with...AN OUTDOOR LANTERN!"

1. Place pillar candles in rustic **burlap-wrapped vases**. $8 and up. jaysonhomeandgarden.com **2.** A black-and-white **Soji solar lantern** casts a romantic glow. $29. uncommongoods.com **3. Metal lanterns** in green or yellow add great color. $13. homegoods.com for stores

< CARTER OOSTERHOUSE, *Rach's design buddy and host of HGTV's* Carter Can

MARKET EDITOR: BY WENDY VANWAGNER

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BEAUTY

1. SPARKLY LIQUID LINER
Waterproof colors go on smooth and stay put on humid days. $22, stilacosmetics.com

2. ECO-FRIENDLY DRYER
The green heat setting saves energy, but still blasts with power. $16, walgreens.com

3. CELEB FRAGRANCES
Reese Witherspoon's Expressions scents are floral, fruity and woodsy. $23 each, avon.com

4. CREME BLUSH
Use pink Rio to highlight cheeks, lips, and even shoulders and knees. $25, facestockholm.com

5. STICK-ON POLISH
Press, shape and go with Sally Hansen Salon Effects Strips. $10, at drugstores

6. PULL-OUT NAIL FILE
The Tweezerman Zip File won't lose its rough texture—it opens and closes with the flick of a thumb. $5, sephora.com

7. SUMMER SOAP BARS
Beekman 1802 goat's-milk bars soothe skin. $10, greendepot.com

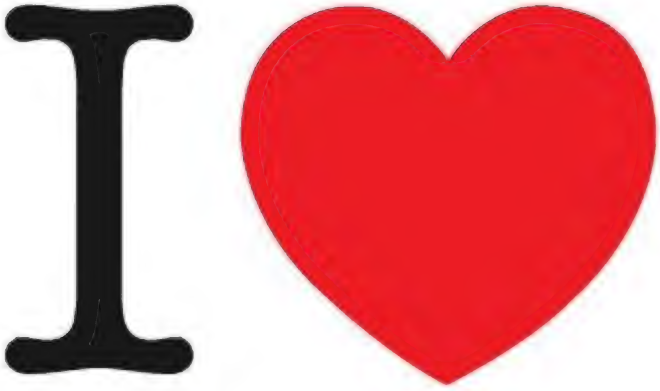
8. BODY HYDRATING GEL
This refreshing gel feels super-luxurious on your skin, while bubbly jojoba beads lock in moisture. $28, moltonbrown.com

9. RETRACTABLE BRUSH
Throw a bronze buki makeup brush in your purse. Its pop-out tip keeps the bristles clean. $34, toofaced.com

"Keep skin young by using...THE BEST SUNSCREENS!"

1. Make sure little ones are covered with **Blue Lizard Australian Sunscreen Baby**, made specifically for their delicate skin. $20, at drugstores **2.** Our lips are particularly vulnerable to sun damage. Defend them against summer rays with **Kiehl's Lip Balm SPF 15**. $10, kiehls.com **3. LaRoche-Posay Anthelios SPF 45** offers high-level UVA protection and contains powerful antiaging ingredients. It's scent-free, so men can wear it, too. $30, at drugstores

< DR. ANNE CHAPAS, *Rach's dermatologist*



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1. FREEZABLE CARRIERS
Drinks stay cold in Bella Vita gel-lined single or six-pack bags. $10, mxyplyzyk.com

2. DIY STRAW
Construct unique twists and bends before sipping! $14, momastore.org

3. LOLLIPOP SPEAKER
This tiny, but loud, speaker hooks up to an MP3 player. $20, mollaspace.com

4. SEEDED ALBUM
Place the record on top of soil: water and watch it grow! $10, blueribbon generalstore.com

5. KIDS' CHOPSTICKS
Tropsticks make eating sushi a breeze. $7, amazon.com

6. VEGGIE SPONGES
A serving of vegetables with every wash! $5, huset-shop.com

7. DESIGNER BAGS
Sandwiches look delish in a Tili zip-and-seal plastic bag. $8 for 12, tilibags.com

8. SUNGLASSES CASE
Canvas pouch inspired by celebrity frames. $20, burkedecor.com

"*Kids will adore*...SOME RANDOM OUTDOOR FUN!"

1. Create a beach mold with a **Sandy Feet Keepsake Casting Kit**. I've got prints from my twins at almost every age. $15, glammatoys.com **2.** Take stainless **Din Din bus platters** on a camping trip. $18, innobaby.com **3.** It's all about the noise! I love this hand-painted **turtle bike bell**. $22, daytripsociety.com

< LIZ VACCARIELLO, *Rach's editor-in-chief*

MARKET EDITOR: BY WENDY VANWAGNER

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NATIONAL PARKS NEAR YOU!

You don't need reservations (or even vacation days!) to visit these six parks, each just a short drive from a big city. We've mapped out your schedule hour by hour, so you can make the most of that one perfect day. BY ELAINE GLUSAC

one hour from miami

BISCAYNE NATIONAL PARK

Essential Experience Swim in crystal-clear water above a reef, alongside sea fans, rainbow parrot fish and the occasional manatee.

Your Perfect Day

8 a.m. Leave early to beat South Florida traffic. (Leave too early, though, and you'll share the road with the city's colorful nightclubbers.) Drive south, through mall sprawl.

9:50 a.m. Rent a kayak from Biscayne Underwater (from $16, *biscayneunderwater.com*) and paddle through shoreline mangroves. You'll see how the trees act as nurseries, harboring crabs and spiny lobsters. Bonus points if you spot an alligator!

Noon Lunch in the park is limited, so grab a hot dog and a slushie at the concession stand and chow down like a teenager.

12:30 p.m. Check in at the visitor center for the 1:30 p.m. reef-snorkeling tour ($45 per person). While waiting, catch the 12-minute film *Spectrum of Life*, which introduces the underwater world you're about to see.

1:30 p.m. Travel east by boat to the park's coral patch reefs, looking out for manatees along the way. Dive in to spot striped sergeant majors, pastel parrot fish, multicolor sea fans, and possibly a (harmless) nurse shark or two.

4:30 p.m. Back at the visitor center, spend a few minutes at the touch table poking at bones, shells, rocks and starfish found in the park.

5 p.m. Take photographs of yourselves against the Miami skyline from the boardwalk bordering Biscayne Bay before the park closes at 5:30 p.m.

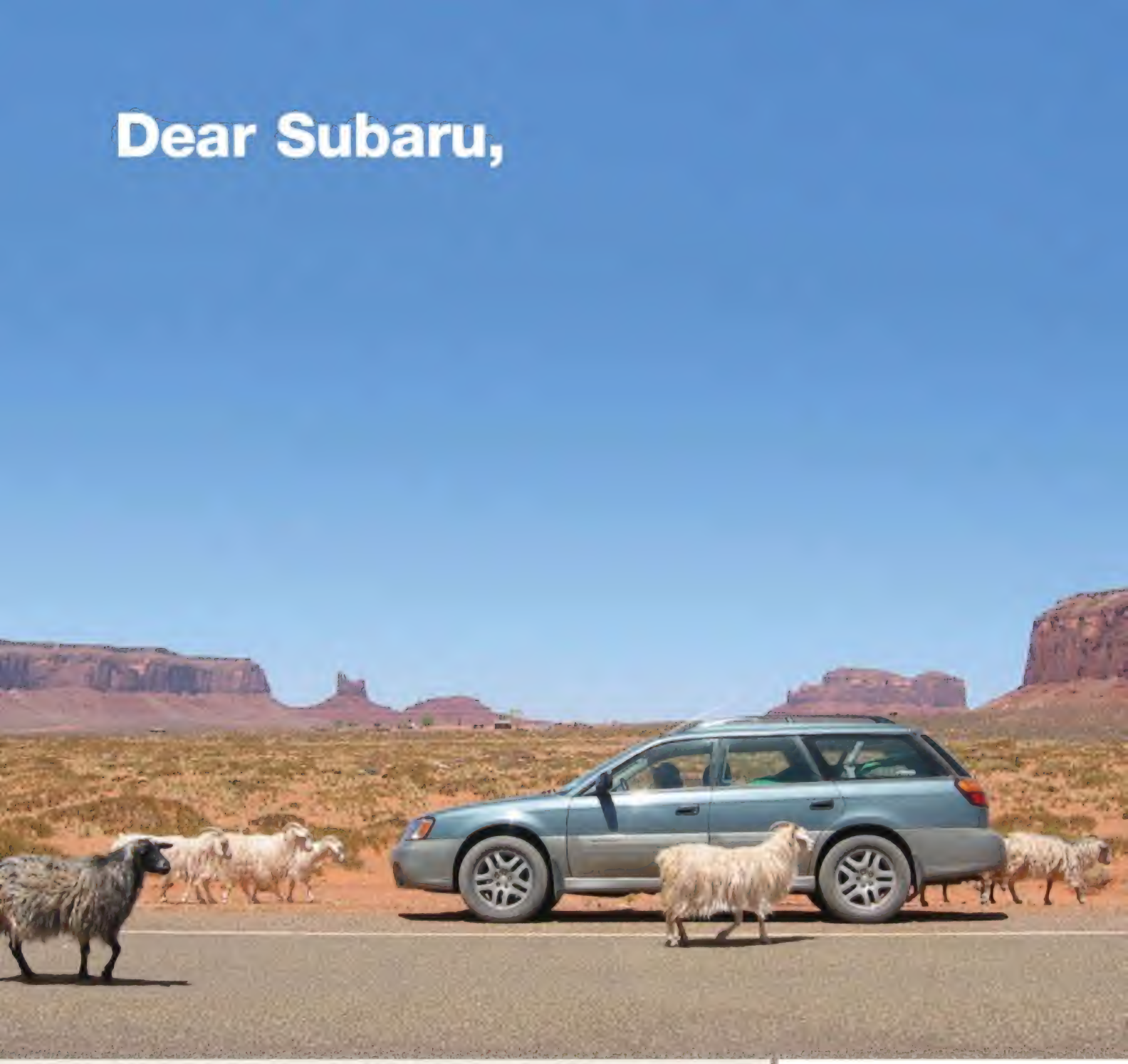
Don't Forget: swimsuit, towel and dry clothes

Extend the Trip: Crash at the lush Kona Kai Resort, about 30 miles south, where you can see more than 150 types of orchids at its new botanical garden and swing on a hammock on the white-sand beach. (97802 Overseas Hwy., Key Largo, konakairesort.com; doubles from $229)

Our adventure guides: Gary Bramen and Susan Gonshor, park rangers, Biscayne National Park

PHOTOGRAPHY BY BURCU AVSAR

PROP STYLING BY PAM MORRIS



"Since my husband and I got our Outback in 2000, we've been traveling all over North America. This was taken in Monument Valley, UT, during a three-month cross-country trip. Ten goats just appeared out of nowhere and seemed very interested in our car." - Mei & Yukio M., Forest Hills, NY.

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SAGUARO NATIONAL PARK

Essential Experience **Marvel at a forest of multiarmed giant saguaro cacti silhouetted in salute before a blazing orange sunset.**

Your Perfect Day

7 a.m. In summer, you've got to beat the sun out of bed to get in trail time before the earth-scorching heat hits. Strike out for the west side of the park—its two branches bracket the city on either side—and the Desert Discovery Trail, lined with well-marked native flora, spiny ocotillo and Engelmann's prickly pear cactus.

8 a.m. Wind around the scenic 6-mile Bajada Loop Drive slowly to appreciate the individual personalities of those giant saguaros. Just don't give in to temptation to high-five one of the raised arms.

8:30 a.m. Park at the trailhead for the half-mile round trip to Signal Hill, where the rocks are embellished with mysterious ancient petroglyphs in the shapes of suns, spirals and antelope.

9:15 a.m. Backtrack to the Red Hills Visitor Center for a slideshow on Native American cacti ingenuity; learn how natives used its fruit.

10:30 a.m. Desert critters are hard to spot in the wild, but they're thriving in captivity at the Arizona-Sonora Desert Museum *(2021 N. Kinney Road; admission $12, kids 6 to 12 $4.50)*, just outside the park. Don't miss the ultra-cute feline ocelots.

1 p.m. Back in Tucson, relax over an air-conditioned Mexican lunch from the daily blackboard menu at Cafe Poca Cosa *(110 East Pennington St.; entrées from $14)*.

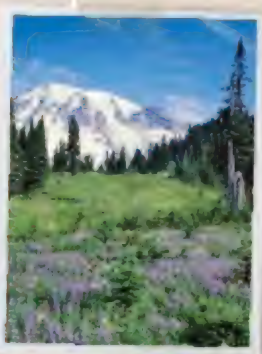
3 p.m. Explore the east side of the park via the 8-mile Cactus Forest Loop Drive, where saguaros stand before the Rincon Mountains.

Don't Forget: **sunscreen, hat, and water, water, water**

Extend the Trip: **Cool off in the pool and stargaze beside the fire pit at the JW Marriott Starr Pass Resort & Spa adjoining the park. *(3800 W. Starr Pass Blvd., jwmarriottstarrpass.com; doubles from $169, mention Every Day for a $50 resort credit)***

special deal for you

Our adventure guides: Bob Love, park ranger, Saguaro National Park • Frank Camp, marketing manager, Summit Hut outfitter, Tucson



90 minutes from seattle

MOUNT RAINIER NATIONAL PARK

Essential Experience **Hike beneath the 14,410-foot-tall Rainier, snowcapped and glacier-sided, framed by purple lupine in a meadow crossed by streams.**

Your Perfect Day

5 a.m. Leave Seattle before dawn and head for the aptly named Sunrise Point, elevation 6,400. The day's first rays of sunshine will light up Mt. Rainier. Whistling marmots (which resemble oversize squirrels) provide the soundtrack.

7:30 a.m. Hike the 5.5-mile Mount Fremont Lookout Trail to a 1930s vintage fire tower. Climb one story to the balcony to scan for mountain goats.

11 a.m. Continue south to Grove of the Patriarchs, a 1,000-year-old forest of cedar and fir with trunks up to 25 feet in diameter. Break out your picnic along the 1.3-mile loop trail.

2 p.m. Drive through the magnificent Stevens Canyon. Stop at Reflection Lakes, where you can get your beauty shot of Rainier reflected in the water (mark your GPS to return at sunset).

3 p.m. Snap photos of Paradise, the mile-high valley filled with wild blooms starting in early July (it's snow-covered through June).

4 p.m. Muster the strength for one final hike on the 1.2-mile Nisqually Vista Trail loop, framing the namesake glacier.

6:30 p.m. Visit the Longmire log cabin settlement (original park headquarters), and reward yourself with sautéed trout and blackberry cobbler at the National Park Inn *(entrées from $16.50; 360-569-2275)*.

9 p.m. If you've still got energy—and digital memory!—backtrack to Reflection Lake for a sunset shot of Rainier.

Don't Forget: **hiking boots, GPS and a packed lunch**

Extend the Trip: **Soak your quads 5 miles away, in one of two hot tubs at Wellspring Spa & Retreat—you'll stay in a log cabin, a cottage or even a treehouse. *(54922 Kernahan Road E., Ashford, wellspringspa.com; doubles from $95)***

Our adventure guides: Craig Romano, author of Backpacking Washington • Patti Wold, interpretive media specialist, Mount Rainier National Park


Nestlé
The Original Sundae Cone
DRUMSTICK
It was one of those record-breaking hot summer days. I was only pretending to jump, but laughter turned into splashes as I lost my balance and dumped us all into the water! We were laughing so hard we could barely get back in the boat. When we paddled back to shore and hoisted the canoe up on our shoulders, we all knew the best part was that tomorrow, we could do it all over again
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one hour from palm springs

JOSHUA TREE NATIONAL PARK

Essential Experience Climb between boulder piles in the shapes of dinosaurs, skulls and you-name-it formations near kooky Joshua trees that look straight out of a Dr. Seuss book.

Your Perfect Day

5:30 a.m. Avoid blistering temperatures by rousing early. Drive the Twentynine Palms Highway to the north entrance of the park. It'll still be dark when you arrive (the payoff: great stargazing).

6:30 a.m. Arrange in advance to meet up with your instructor from Joshua Tree Guides for a private half-day rock-climbing lesson at the Hidden Valley picnic area (*joshuatreeguides.com, 877-686-7625; $225 for one, $145 each for two*). Strap on a harness and learn what it is to be "on belay" as you ascend a granite-rock face before rappelling back down.

10:45 a.m. Blast the air-conditioning in the car and embark on the 18-mile unpaved motor tour of the park for up-close viewing of giant boulders and the spiny namesake trees. Hop out at Squaw Tank, a man-made boulder-pile dam, and hunt for rock depressions called metates, where natives ground seeds.

12:30 p.m. Return to the pavement and drive east to spectral Skull Rock, under which you can break out your picnic. Then, defy the midday heat to hike the 1.7-mile nature trail while telling ghost stories.

2 p.m. Drive south through Wilson Canyon to your next destination, the bushy Cholla Cactus Garden. Walk the quarter-mile loop, steering clear of the soft, fuzzy, misleadingly named Teddy Bear Cholla cacti.

3 p.m. Sit in the shade at the Cottonwood Spring Oasis, once used by Cahuilla Indians and 19th-century miners. Now it's a haven for birdlife, palm trees and cottonwoods.

4 p.m. Exit the park south and return through palm date country, stopping for a $3.50 date shake at the Hadley Orchards roadside stand (*48980 Seminole Drive, Cabazon, 888-854-5655*).

Don't Forget: **a 4WD vehicle rental, sunscreen, and plenty of food and water**

Extend the Trip: **Catch the sunset from your private outdoor whirlpool at the sustainably built Sacred Sands, 1 mile from the park. (*63155 Quail Springs Road, Joshua Tree, 760-424-6707, sacredsands.com; doubles from $269, including breakfast*)**

Our adventure guides: Joe Zarki, park ranger, Joshua Tree National Park • Philip Ferranti, author of *140 Great Hikes in and Near Palm Springs*

JOSHUA TREES, DIANE COOP AND LEN JENSHEL; FLOWERS AND ROCK, TARA DONNE

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Focus on driving

30 minutes from cleveland

CUYAHOGA VALLEY NATIONAL PARK

Essential Experience **Cycle under a leafy green canopy beside the twisting Cuyahoga River on the Ohio & Erie Canal Towpath.**

Your Perfect Day

8:30 a.m. After an increasingly rural drive south from the city, stop by the Countryside Farmers' Market (*Saturday stalls open at 9 a.m.; cvcountryside.org*), near the town of Peninsula. Pick up a croissant and lunch (locally made goat cheese and baguettes).

9:30 a.m. Park at the Peninsula Depot Visitor Center, formerly a 19th-century train station, and grab a map of the canal system.

10 a.m. Rent bikes at nearby Century Cycle (*1621 Main St., centurycycles.com; $8 per hour*) and take a leisurely 13-mile ride north along the river.

11:30 a.m. Pull out the picnic fare at the damlike Lock 39, one of 16 antique locks that once controlled water levels along the canal.

12:50 p.m. Head back about a mile and a half to the Canal Visitor Center and hoist your bike onto the Cuyahoga Valley Scenic Railroad (*$2*). Take a load off while the train travels the length of the park, past meadows and forests.

1:10 p.m. Disembark at the Boston Mill Station and pedal north to Stanford Trail. Lock up your bike and hike the 1.75-mile trail that ends at the 60-foot Brandywine Falls, cascading over sandstone.

4:45 p.m. Ride 3 miles to return your wheels before closing time. Board the southbound train for a round-trip tour of this end of the park, through wetlands and farm fields. Watch for deer.

6:30 p.m. Toast your tour with a Great Lakes Brewing Company IPA beer at the nearby Winking Lizard Tavern (*1615 N. Main St.; beers from $5.50*).

Don't Forget: **bug spray, windbreaker and athletic shoes**

Extend the Trip: **Listen to the rush of the falls at the 163-year-old Inn at Brandywine Falls. (*8230 Brandywine Road, Sagamore Hills, innatbrandywinefalls.com; doubles from $139*)**

Our adventure guides: Mary Pat Doorley, park ranger, Cuyahoga Valley National Park • Doug Trattner, author of *Moon Cleveland*

90 minutes from denver

ROCKY MOUNTAIN NATIONAL PARK

Essential Experience **Drive on some of the highest roads in the country, over the spine of the Continental Divide and surrounded by 12,000-foot peaks.**

Your Perfect Day

6 a.m. Beat the commuters out of Denver: The flat interstate gives way to curvy country roads.

7:30 a.m. Leave your car at the Park & Ride lot at the Bear Lake route and hop the bus to the Glacier Gorge Trailhead.

10 a.m. Hike the 2.8-mile round-trip Mills Lake Trail, a relatively gentle trek that rewards with sweeping mountain vistas of snowy Longs Peak.

1 p.m. On the way back, eat your bagged lunch while perched on a boulder at Alberta Falls, and watch the cold snowmelt plunging between the rocks.

2 p.m. Shuttle back to your car and drive through pine forests to the north entrance of the park, just past the Fall River Visitor Center.

3 p.m. Saddle up for a two-hour horseback ride with National Park Gateway Stables (*two-hour horse rental $50, skhorses.com*) along the gurgling Fall River, backdropped by the snowcapped Mummy Range (the mountains actually look like a mummy sleeping). Keep an eye peeled for bighorn sheep, deer, elk and coyotes.

5 p.m. Buckle up: The no-guardrail Old Fall River Road runs 11 miles on a gravel path through the wilderness. Return via Trail Ridge Road, the highest continuous paved road in the nation, reaching over 12,000 feet in a windswept, Arctic-like tundra, with no trees interrupting the vista of mountains.

8 p.m. Drive 20 miles toward Denver, and sip a pint of brew and catch a music set at Oskar Blues Grill & Brew (*303 Main St., Lyons, oskarblues.com; beers from $4.50*).

Don't Forget: **rain slicker, sunglasses to combat snow glare, and a packed lunch**

Extend the Trip: **Shoot an arrow or cast a fly rod at the YMCA of the Rockies, renting two-bedroom cabins from $124 and lodge rooms from $109. (*2515 Tunnel Road, Estes Park, ymcarockies.org*)**

Our adventure guides: Kyle Patterson, park ranger, Rocky Mountain National Park • Eric Peterson, author of *Frommer's Colorado*

ROCKY MOUNTAIN: GETTY IMAGES

OREO

Happy Father's Day from Milk's Favorite Cookie.

Share your Oreo moment with us, and we'll share it with the world. Facebook.com/oreo.

Brake for Food's Sake

Some of America's best eats are nestled along its highways and byways. Here are our top picks on three famous routes. BY JJ GOODE

ROUTE 66 BY MORGAN MURPHY, WHO LOGGED 15,000 MILES FOR HIS BOOK SOUTHERN LIVING OFF THE EATEN PATH

In one 12-hour drive along the Mother Road, you'll find all-American, rib-sticking grub.

a. **ST. LOUIS** **Crown Candy Kitchen** *(1401 St. Louis Ave., 314-621-9650)* Grab a phenomenal reuben or egg salad sandwich at this 98-year-old soda fountain, and chase it with a root beer float.

b. **WEATHERFORD, OKLAHOMA** **Lucille's Roadhouse** *(1301 Airport Road, 580-772-8808)* Sit in this former gas station and order comfort food like homey meatloaf and creamy milkshakes.

c. **AMARILLO, TEXAS** **The Big Texan** *(7701 E. Interstate 40, 806-372-6000)* Look for the giant cowboy. If you can down the 72-ounce steak dinner in an hour, it's free. Dainty dieters should stick to their regularly sized but very tasty filets.

U.S. ROUTE 1 IN MAINE BY JANE AND MICHAEL STERN, AUTHORS OF ROADFOOD

It's easy to find good eats on this rustic, lobster-shack-dotted coastal highway.

a. **KITTERY, MAINE** **Bob's Clam Hut** *(315 U.S. Rte. 1, 207-439-4233)* You've got to love the sign at Bob's: "Eat Clams!" The fried clams are indeed superb—belly on, fried to a delicate, greaseless crunch—but so is the beautiful lobster roll.

b. **WELLS, MAINE** **Maine Diner** *(2265 Post Road, 207-646-4441)* Grandma's lobster pie is one of the great meals in all of New England: lobster in a creamy sauce, topped with a crust of crumbled crackers.

c. **DAMARISCOTTA, MAINE** **Round Top Ice Cream** *(526 Main St., 207-563-5307)* New England has a long tradition of delicious ice cream, nowhere more so than in Maine. This spot is the perfect place to try intensely fruity black raspberry chocolate chip ice cream.

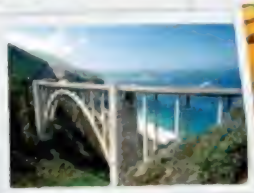
CALIFORNIA HIGHWAY 1 BY ANNA ROTH, AUTHOR OF WEST COAST EATS

This famously beautiful highway should also be known for its eclectic West Coast cuisine.

a. **BIG SUR, CALIFORNIA** **Big Sur Bakery & Restaurant** *(Hwy. 1, 831-667-0520)* A bright spot of culture and culinary goodness in the wilderness. Stop for the strong coffee and charred thin-crust pizza.

b. **CAMBRIA, CALIFORNIA** **Linn's of Cambria** *(6275 Santa Rosa Creek Road, 805-927-8134)* After visiting Hearst Castle, come for a slice of pie filled with olallieberry, a hybrid of raspberry and blackberry.

c. **CAYUCOS, CALIFORNIA** **Ruddell's Smokehouse** *(101 D St., 805-995-5028)* Smoker Jim makes excellent smoked albacore tacos topped with cabbage, cilantro and secret sauce.



Suss Out the Best Spots

Start looking before you're starving. Hunger is a powerful antidote to adventure. Because chain restaurants tend to cluster close to highways, you should allow 15 minutes of post-exit driving before you decide on the right spot.

Ask locals the right questions. Don't say, "Where should I go for dinner?". Pat Willard, author of *America Eats!*, recommends making it clear that you're looking for the kind of place that might not exist anywhere else—not the nearest fancy steakhouse.

Scope out the parking lot. If the cars have in-state tags, you've divined a local favorite. Even better, says food-loving trucker BigCat (*bigcattrucker.com*), watch for semis, because no one knows road food like the guys who live on the road. If he's taken the time to cram his rig into a space, he must really like the food!

Find a food-lovin' farm. Watch for farms that double as eateries. The Fish Farm in Amagansett, New York (*fishfarmsite.com*), sells great steamers. In Phippsburg, Maine, North Creek Farm (*northcreekfarm.org*) grows roses and serves fab BLTs and blueberry pie.

APP OF THE MONTH | **Best Road Trip Ever**

You'll find the country's best road food at your fingertips, in the form of maps, photos, and videos of offbeat restaurants and sights. ($4, *bestroadtripever.com*)

EAT SIGN: ©ISTOCKPHOTO; ROUTE 66 AND CALIFORNIA HIGHWAY 1: GETTY IMAGES; MAINE U.S. ROUTE 1: MSIMAGES.COM

speak up!

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BEFORE

Fake a Designer BACKSPLASH

Give your kitchen a modern upgrade in one afternoon: Rach's design buddy Evette Rios adds a splash of style to a bare wall.

All You Need Is...

a good buddy, a craving for color and these easy-to-come-by tools. Don't forget to take before and after pictures!

Measuring tape

Fabric

Staple gun

Plexiglass

#8 stainless steel screws

Electric drill with ⅛-inch bit

Clear silicone caulk and gun

DESIGNS BY EVETTE RIOS. INSTALLATION BY JOHN ZUKOWSKI. ILLUSTRATIONS BY ZOE MORE O'FERRALL.

PHOTOGRAPHY BY ANNIE SCHLECHTER

Saturday morning show-off

Made by the Medinas

Designed by IKEA®

Vanessa completely flipped over her new IKEA kitchen. Whether it's a romantic dinner for two or Saturday morning breakfast for four, RATIONELL organizers in deep drawers help her find the perfect pan for the job in record time. Now, the rest of the Medina family can stop searching for that thing of cinnamon and focus on what's really important: dodging Vanessa's pancake projectiles. Get cookin' at **IKEA-USA.com/kitchen**

AKURUM kitchen with ÄDEL doors and drawer fronts $6299 as shown Clear lacquered solid beech/beech veneer ÄDEL doors/drawer fronts. Requires assembly and installation. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toekicks, legs, visible moldings and panels. Countertops, sink, faucet, handles/knobs, appliances and lighting are sold separately. See IKEA store or IKEA-USA.com for limited warranty details. Valid in US stores. See IKEA store for country of origin information and 10'×10' kitchen layout details.

IKEA

The Life Improvement Store™

Got an hour?

GO FROM WHITE TO WOW!

A burst of color in the right place unleashes instant kitchen personality. The best part: It's functional, too! The plexiglass protects the fabric and is easy to clean—just spritz it with a glass cleaner and towel off.

AFTER *Robert Kaufman's Suburbia Earth Kitchen fabric gives the room a lighter, brighter look. ($10/yard, purlsoho.com)*

How simple is this?!

MAKE A SPLASH!

1. **MEASURE** the backsplash space and order a piece of fabric cut to fit it. (Snip holes for electrical outlets with a craft knife.) Use a staple gun to secure the fabric from the top and sides, stapling every 3 inches so there are no droops or air bubbles.

2. **BUY** ¼-inch-thick plexiglass at the hardware store, cut about ½ inch shorter than your space (you'll fill any gaps with caulk later). Ask the store to cut holes for outlets. Drill holes, using an ⅛-inch drill bit for plastic, every 6 inches along the top and bottom.

3. **HANG** the plexiglass: Have someone help you place it over the fabric while you drill 1½-inch stainless-steel screws (#8) into the holes. Seal the top and bottom with clear silicone caulk. Let dry.

CLICK **GO BEHIND THE SCENES!** Watch how Evette installed this stunning backsplash—and follow along with her detailed step-by-step photos—at rachaelraymag.com/june.

Channel Your Inner Picasso

PICK A PRETTY PATTERN

Don't be scared of big, bold prints: They'll make a small space seem larger and give it more interest. "Make sure that one color coordinates with your cabinets and appliances," Evette says. Nonsymmetrical patterns work best: "No one will notice if they're not hung evenly!" Here are more she loved: 1. Circa 50 Strawberry Starburst, $17 per yard, purlsoho.com 2. Siirtolapuutarha, $13.75 per foot, crateandbarrel.com 3. Spring Street Green Woodcut, $10 per yard, purlsoho.com 4. Susanna, $7 per yard, at Ikea stores

Polka dots are bubbly and playful.

This poppy print has a cool, country look.

Small prints will seem neutral once they're on the wall.

A geometric pattern has modern appeal.

This method's even easier!

TRY IT WITH TILES

For a no-tool installation, line the wall with graphic peel-and-stick tiles, which are available at home and hardware stores. Experiment to create different looks: Rotate them 45 degrees to make a diamond weave pattern, or overlap different colored tiles to form a mosaic. Don't worry about mistakes: Just peel off the tiles and start again. 1. Smart Tiles Stainless Dots Mosaic, 11" x 11", $16 2. Smart Tiles Alegria Motif, 3.69" x 3.69", $10 3. Smart Tiles Gray Versailles Motif, 3.69" x 3.69", $10 (all tiles available at homedepot.com)

Horizontal or vertical—it's up to you!

Muted tones go great with stainless steel or black appliances.

Bold flocking patterns are back in style.

TILES AND FABRIC BY GORMAN • GORMAN.COM

I've always wanted to throw a... LUAU

All things tropical are trending again, thanks to the return of TV's Hawaii Five-O. *But a luau can go from zero to bad theme restaurant in no time. Here's how to throw a bash full of island-inspired authenticity. (Hint: Do not buy toy ukuleles in bulk.)*

BY CAROLE BRADEN

NATIVE KNOW-HOW

1 **Don't** Grill in a grass skirt!
DO Don an island-print apron. Look for floral half-aprons or pinafore styles with mix-and-match tops and flounces. Check out jilliewillie.com, overthetopaprons.com and modernjune.etsy.com.

2 **Don't** Plop hors d'oeuvres on platters decorated with grass trimmings.
DO Line serving platters with large leaves, like banana or palm. Use pineapple tops, slices of citrus and edible flowers to garnish food.

3 **Don't** Resort to the Mr. Pineapple Head centerpiece.
DO Whip up a tasteful floral combo that mixes island blooms, fruits and foliage (like our arrangement on page 76).

4 **Don't** Limbo. (If you do, know that it's not a luau activity; it originated in Trinidad!)
DO Ask a talented friend to hold a hula lesson. The dance's core step, the *kâholo*, is sure to get hips swinging to the tunes (see page 76).

Hawaii Five-O, Then and Now

From cars to coifs, the first season of the rebooted TV series dared to be different from (yet remained true to) the 1968-1980 original. List 'em, Danno!

THE PLOT
Then Detective Steve McGarrett (Jack Lord) played a former U.S. naval officer appointed by the governor to run a state police unit.
Now McGarrett (Alex O'Loughlin) is a U.S. Navy lieutenant commander-turned-cop investigating his father's murder (presumably the original McGarrett); the governor persuades him to lead an elite task force.

THE THEME SONG
Then The drum-heavy tune is still used by the University of Hawaii marching band.
Now A modern version was recorded using some of the original musicians.

THE CLOTHES
Then Standard '70s bell-bottoms and polyester (except when McGarrett rocked a leisure suit and sun visor!).
Now Hipper, even if the detectives do look more like Tommy Bahama models.

THE HAIR
Then Pompadours and long sideburns.
Now Scott Caan's slicked-back 'do.

THE CAR
Then McGarrett drove a black 1968 (then a '74) Mercury Parklane Brougham.
Now Spot McGarrett restoring his dad's old car when not chasing bad guys.
—TRIPP WHETSELL

FOOD STYLING BY ALISON ATTENBOROUGH. PROP STYLING BY AMY WILSON. WARDROBE STYLING BY CATE SHEERR. HAIR AND MAKEUP BY STACY BENEKE

PHOTOGRAPHY BY NGOC MINH NGO

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55
CALORIES

ISLAND MENU

From simple snacks to a stunning main course, this menu upgrades your typical backyard spread to something a little more exotic.

snacks

Mini Hawaiian Sandwiches

In a bowl, combine chopped rotisserie chicken, macadamia nuts, canned lychees, red grapes and just enough mayonnaise to bind. Season with lemon zest and serve on miniature cocktail rolls.

Tropical Ham-and-Pineapple Kebabs

In a small bowl, combine equal parts melted butter, pineapple juice and jarred apple butter; season with cider vinegar and allspice. On skewers, thread alternating cubes of baked ham and pineapple. Baste with the apple butter mixture and grill until heated through.

Surfin' Nacho Boards

Make a salsa of chopped ripe peaches, jalapeño, red onion and cilantro; season with lime juice and shredded coconut. Arrange tortilla chips on a baking sheet and top with the salsa, then sprinkle generously with monterey jack cheese and bake until bubbling. Top with coarsely chopped cooked shrimp.

Drinks

Try a batch of Ku'u Pua (koo-ooh poo-ah), courtesy of *The Cocktail Handbook* authors Amie Fujiwara and Jesse Greenleaf. Meaning "my flower," it's also the title of a slack-key guitar medley that inspired Fujiwara to create the cocktail.

Ku'u Pua Cocktail

MAKES 1

- *Turbinado sugar*
- *Ice*
- 3 *slices fresh pineapple, plus 1 cube for garnish*
- 2 *slices fresh orange*
- 1½ *oz. vodka*
- 1 *oz. passion fruit juice*
- 1 *oz. guava juice*
- 1 *splash coconut syrup*

Rim a martini glass with the sugar. Fill a shaker with ice. Add the fresh fruit and muddle. Add the vodka, juices and coconut syrup; shake vigorously. Strain into the glass. Garnish with the pineapple cube rolled in more sugar.

Grilled Pork with Macadamia Rice

SERVES 8 **PREP** 20 MIN **GRILL** 1½ HR

- 1 *cup coarsely chopped cilantro leaves and stems*
- 3 *cloves garlic*
- *Salt and pepper*
- 1 *pork loin roast (8-rib), chine bone removed and rib bones frenched*
- 1 *tbsp. EVOO*
- 2 *cups jasmine rice*
- 1 *bunch scallions, thinly sliced*
- ⅔ *cup shredded coconut, toasted*
- ⅔ *cup salted, roasted macadamia nuts, chopped*

1. Using a small food processor, grind the cilantro, garlic and 1 tsp. salt into a coarse paste. Place the pork fat side up and cut 1-inch-deep slits in the fat, 1 inch apart. Rub the cilantro paste on the pork and into the slits; season with salt and pepper. Drizzle with the EVOO and let stand at room temperature.
2. Preheat a grill to medium. Place a drip pan beneath the grate. Place the pork in the center over the drip pan, close the lid and cook until an instant-read thermometer inserted in the center registers 135°, about 1½ hours (off the heat, the temperature will continue to rise). Transfer to a cutting board, tent with foil and let stand for 15 minutes.
3. Meanwhile, in a small saucepan, cover the rice with water and stir until the water becomes cloudy; drain and repeat twice. Return the rice to the saucepan and add 2 cups cold water and 1 tsp. salt. Bring to a boil, lower the heat, cover and simmer until tender, 15 minutes. Remove from the heat, fluff with a fork and let stand, covered, for 10 minutes. Stir in the scallions, coconut and macadamia nuts; season with salt and pepper.
4. Cut the roast into chops and serve with the rice.

GRILLED PORK RECIPE BY JEAN ANDERTON

OROWEAT.

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Aloha Fashion!

Hawaiian shirts aren't just those things you talk your dad out of wearing on vacation. The classic shirts and dresses are full of artistry. We asked Dale Hope, author of **The Aloha Shirt**, *what features will keep you looking classically cool.*

Fabric Buy garments made of fabrics woven from cotton, silk, rayon or a blend. "Polyester is bad," Hope says. Plus, it wasn't yet invented in the aloha shirt's heyday.

Design Seek clean lines and detailed motifs: Hope's favorite iconic prints include canoe and surfing themes. Ladies, take inspiration from traditional Tahitian *pareos*, featuring white flowers on red or navy backgrounds.

Fit Look for a body-conscious fit in shirts and dresses—despite the cliché, a *mu'umu'u* should hug a woman's curves. And say yes to coordinating his-and-hers sets!

Buttons Faux wood ultimately prevailed, but good vintage shirts often have buttons made of natural materials. "In the '40s, it was coconut shell," Hope says. "The '60s brought bamboo from Japan."

AHH...KICK-BACK TUNES

An authentic soundtrack—replete with ukuleles, marimbas and, yes, Elvis—means instant island atmosphere. DJ Mark Riddle, host of the Polynesian- and Hawaiian-centric Quiet Village podcast, told us how to make a luau sing.

vintage

Channel 1950s and '60s Americana, Riddle says. Hence Elvis Presley: "The movies *Blue Hawaii* and *Paradise, Hawaiian Style* are considered time capsules. They were filmed at famous Hawaiian locations that no longer exist."

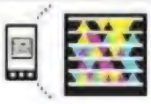
mellow

You might not know it by name, but the exotica genre is what you hear when you think of all things tiki. Try *Hawaiian Sunset*, Volumes I and II, by vibraphonist Arthur Lyman—one of exotica's pioneers—to lend "that dreamy Hawaiian feel." His music "represented a romanticized version of the tropics," Riddle says.

modern

Modern Hawaiian singer Israel Kamakawiw'ole is most famous on the mainland for his ukulele-kissed version of "Somewhere Over the Rainbow," but Riddle favors his more vintage tunes, like "'Ulili E." Find this song and many more on two playlists Riddle customized for *Every Day* at **rachaelraymag.com/june**.

PLAN YOUR PARTY!
Get additional recipes and a customized shopping list on your phone! Download the free mobile app at gettag.mobi and use it to snap this bar code.



Tropical Decor

With less than $20 in supermarket flowers, arrange this bouquet from Tomasi Boselawa, of Tacoma, Washington's Tiaré Floral Design.

Fill a 7-inch vase with water and add flower food. Place 1 leaf Fatsia japonica (aka Aralia) on top, spanning the leaf rim to rim. (Tuck under 1 tip in back.)

Halve 3 bamboo skewers and pierce 3 limes and 2 kiwi fruit (1 whole and 1 cut in half crosswise). Poke 1 skewered lime and the skewered whole kiwi through the leaf's center; fruit should almost touch the leaf.

Separate blooms on 1 stem Oriental lily, leaving some stalk on each; pierce the leaf randomly with stems, poking flowers through to touch the water.

Fill gaps with 3 stems alstroemeria (aka Peruvian lily), 2 heads Yoko Ono mums and the remaining skewered fruit. Add a small branch for texture.

ILLUSTRATIONS BY ZOE MORE O'FERRALL

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Cut me out and hang me up!

9 BEAUTY BARGAINS (only insiders know)

Who doesn't love discounted (or free!) beauty loot? The experts spill their secrets for saving on everything from spa appointments to skincare. BY MEGHANN FOYE

spa treatments

Think you can't afford a day at the spa? Hit the mall! At department-store beauty counters, score free mini facials at Clarins and microdermabrasion sessions at Perricone. But you've got to ask for it, says Cheri Botiz, Nordstom's national beauty director. "It's a great insider perk."

BRUSHES AND TOOLS

Professional makeup artists buy many of their supplies on industry websites like allcosmeticswholesale.com and rellascosmetics.com. You can often find huge markdowns on the most-used brands, like Dior makeup brushes and Japonesque eyelash curlers for half the price, says Lori Riviere, owner of shortcutstofabulous.com.

nail polishes

Drugstores have huge aisles dedicated to polishes and files, but celebrity manicurist Carla Kay stocks up on bargain supplies at stores like Kohl's and Bed, Bath & Beyond. "I went to buy a shower caddy and walked out with salon-quality Essie polish and Duri Rejuvacote," she says.

lipsticks and glosses

When buying lip color, go cheap. "The formulations of drugstore and prestige brands are very similar," says cosmetic chemist Ron Robinson of beautystat.com. In other words: You won't feel or see a difference if you switch to a lower-priced version.

SPECIAL SETS

Through longtime relationships with major brands, QVC sells exclusive, souped-up value sets that beauty junkies covet, like the Mally Volumizing Mascara Duo (*$28 for 2 on qvc.com, $20 each on other sites*). More set-savvy brands to follow: Bare Escentuals, Philosophy and Proactiv.

eyeshadows and mascaras

Get a whole new drawer full of makeup each month with just a click! The websites all-free-samples.com and free-makeup-samples.com catalog major beauty discounts and freebies, covering hundreds of drugstore and department-store labels. Also on the radar: new mascaras at Clinique and the latest eye palettes at MAC.

go-to faves

Get the best price on your beauty staples using a smartphone. Download thefind.com's cost-comparison app and use it to scan the barcode of a beauty item (say, your regular body wash or razor) to find where it's being sold for less. The app scans stores and websites for shipping costs, too.

ANTIAGING LOTIONS

Companies know they can entice buyers by naming exotic, powerful-sounding plants and botanicals on the label, yet it's the proven antiaging ingredients that *really* make a product valuable—and those don't have to be expensive. Look for terms like "retinol," "vitamin C," "tea tree extracts" and "hydroxy acids," which are used in affordable lines like Olay, Neutrogena, Roc and L'Oréal, Robinson says.

supersize samples

Many department-store counters offer "test-drives" on premiere products, like jumbo samples at La Prairie and La Mer. Nordstom's Sample Saturdays are also a freebie goldmine: "We'll give customers samples whether or not they're buying the product," Botiz says. Bobbi Brown offers two complimentary samples, plus trials of their bestsellers, and Kiehl's "gives out tons of stuff, at least three with each purchase," says Robert Scott, aesthetician and owner of Robert Scott Face/Body.

PROP STYLING BY PAM MORRIS

PHOTOGRAPHY BY BURCU AVSAR

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SEASONAL SUPERFOOD

PLUM + APRICOT = PLUOT

Made up of about 75 percent plum and 25 percent apricot, these plum look-alikes come in a range of hues. No matter the variety, you'll find a juicy, honey-sweet flesh inside.

best from may to sept.

FOLLOW YOUR NOSE. Buy fruit that has a light floral fragrance and is firm but not hard. Skip the mushy ones.

STORE ON THE COUNTER UNTIL RIPE. When the flesh gets soft around the stem area, they're ready to eat (or refrigerate for up to 1 week).

WASH 'EM LATER. To preserve freshness, don't wash the fruit until right before eating or using.

red
This boldly colored variety that's got sugary sweetness and tangy skin is one of the top 10 most antioxidant-potent fruits.

purple & black
Most similar in flavor to a plum, this kind contains two key phytonutrients that protect eyes against sun damage.

green & yellow
Extra-juicy, this type has a tropical sweetness and one of the same beneficial flavonoids in abundant as green tea.

how to eat PLUOT

TEXT AND RECIPES BY KATIE BARREIRA
PHOTOGRAPHY BY STEPHANIE FOLEY

FOOD STYLING BY ROSCOE BETSILL. PROP STYLING BY CINDY DURHAM. CONTRIBUTING NUTRITIONIST: CHERSEY BARTH, RD, CPT, RHT, RYT. CONTRIBUTING SUPERMARKET CONSULTANT: JOE HYNES

try 'em!

PLUOTS

easy basics

KEBABS *Arrange on a skewer with one of these pairs: shrimp and red onion; chicken and green pepper; or pork and sweet potato. Baste with a tropical-style sauce and grill.*

GRILLED SIDE *Season pitted halves with cinnamon and sugar and grill cut side down on a well-oiled grill; serve with french toast or ice cream. Or season with salt and cayenne pepper, brush with chive butter and grill; serve with whitefish like halibut.*

"CAPRESE" SALAD *Use a pluot instead of tomato! Layer rounds with fresh mozzarella; top with shredded basil, salt and pepper, and a drizzle of balsamic vinegar.*

SANGRIA *Add pluot and orange slices to dry red wine mixed with ginger ale and a splash of plum brandy.*

more involved

SWEET & SOUR SAUCE *Puree chunks (with skin) with hoisin sauce, soy sauce, garlic, fresh ginger and crushed red pepper and use to baste chicken wings or toss in a stir-fry.*

WONTONS *Wrap segments in egg roll wrappers and fry in an inch of oil.*

TART *Arrange slices on a sheet of prepared puff pastry and sprinkle with sugar, sliced almonds and ground ginger; dot with butter and bake.*

you can do it!

Soft-Shell Crab Sandwiches with Pluot Relish

SERVES 4 **PREP** 15 MIN **COOK** 10 MIN

- 2 pluots, pitted and chopped
- 1 large jalapeño chile, seeded and chopped
- ¾ cup chopped sweet pickles, such as bread-and-butter
- 3 tbsp. EVOO
- 1 tbsp. chopped fresh tarragon
- 1 tbsp. fresh lemon juice
- Salt
- 3 cloves garlic, smashed
- 4 tbsp. butter
- 8 small soft-shell crabs, patted dry
- 4 soft sandwich buns, toasted

1. In a large bowl, combine the pluots, jalapeño, pickles, EVOO, tarragon, lemon juice and ¾ tsp. salt.

2. Preheat a grill or grill pan to medium-high. In a small saucepan, add the garlic, butter and ½ tsp. salt and cook over medium heat until the butter is melted. Brush the tops of the crabs with the garlic butter and grill buttered side down until the shell is bright red and charred in spots, about 2 minutes. Brush the undersides of the crabs with the garlic butter, flip and cook for 2 minutes more. Serve 2 crabs per bun, topped with the pluot relish.

This sweet-tart, spicy relish is also scrumptious spooned over swordfish steaks or piled onto a pulled pork sandwich.

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25% less sugar than other leading juice drinks with no artificial sweetener

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A full serving of fruit in every pouch*

Capri Sun Roarin' Waters
A fun way for kids to hydrate**

*According to MyPyramid.gov and US Dietary Guidelines. Eat a variety of fruits daily, ensure most are whole fruits. **Consume a variety of beverages every day.

grocery cart AMBUSH

THE TARGET
Abbey Krystowiak, 28, a single career gal living in NYC

THE EXPERT
Kimberly Danger, author of Instant Bargains: 600+ Ways to Shrink Your Grocery Bills and Eat Well for Less

THE CHALLENGE "I'm a busy cook. I splurge on quality organic ingredients, but at the end of the day, it's too easy to order in my favorite Thai takeout or head out with friends instead. Next thing I know, I'm throwing away half a paycheck's worth of groceries." —**ABBEY**

1. "My milk goes sour before I use it up."

Look for milk with "ultrapasteurized" on the label, often found on organic brands. This process kills more bacteria than regular pasteurization, resulting in a six-month shelf life (for unopened cartons)—instead of just three weeks.

2. "I crave carbs and want to eat healthy ones, but I'm often too tired to boil water."

Whole grain pasta is a smart way to get more fiber, which helps curb hunger. Look into fast-cooking whole grains like quinoa and pearled barley. Cook a big batch, then freeze in single-serving containers; reheat in the microwave or toss into a veggie stir-fry.

3. "I splurge on precut fruit for breakfast, but I'm always hungry before lunch rolls around."

This splurge is okay if it helps you fit fruit into a busy schedule. Stave off hunger by adding a fistful of nuts, which boasts 6 to 8 grams of protein. Buy in bulk and save up to 40 percent—nuts stay fresh in the freezer.

4. "The fresh seafood section is my weakness (especially scallops!)."

Grab a bag of frozen shrimp instead—it will save you about 50 percent per pound and keeps in the freezer for an instant no-cook meal (defrost and add to a salad) or party appetizer (serve with cocktail sauce).

5. "Ugh. Most of my herbs end up in the trash."

Even if your recipes call for five different herbs, limit yourself to one mild, leafy option, like parsley or basil, which can be used as a substitute in virtually any dish. And don't wait for a recipe: Try them as salad greens or sprinkled over leftovers for a fresh burst of flavor.

6. "I always stuff my cart with gorgeous summer fruit—especially raspberries!"

Yep, it's tempting to stock up on summer berries, but remember, these fragile beauties last three days max—so pick up just one half-pint per person in your household, or buy them frozen if you plan to use them later in the week.

CLICK Want your own grocery-cart redo? Go to **rachaelraymag.com/june** to find out how to submit your receipts for a chance at a makeover.

INTERVIEWS AND TEXT BY TERI TSANG BARNETT. SHOPPER PHOTOS BY JOSEPHINE SOLIMENE PUSTIN. GROCERY CART AND SILES BY BORMAN + GERMANI. FOOD STYLING BY CARRIE PURCELL. PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES. ILLUSTRATIONS BY STEPHANE MANEL

A CANDY LOVER'S ICE DREAM

The coolest frozen treats this summer take their cues from beloved candy classics.

1 Breyers Blasts! Whoppers
Mini versions of the classic malted milk ball candy add crunch to fudge-swirled, malted vanilla ice cream. ($4.99 for 1.5 qt.)

2 Ciao Bella S'mores
In this grown-up version of the campout favorite, decadent chocolate-marshmallow gelato with chocolate chunks is sandwiched between two soft graham-cracker cookies. All that's missing is the campfire! ($4.99 for a box of 4)

3 Popsicle AirHeads Ice Pops
Like their candy cousins, these pops have a chewy-tart taffy thing going on. They come in four flavors, including the cult favorite, white "mystery." ($4.49 for a multipack box of 18)

4 Reese's Peanut Butter Ice Cream Cups
Shaped like the original treat, this bigger version is filled with luscious, nutty peanut butter ice cream. ($3.99 for a box of 6)

5 Popsicle Jolly Rancher Awesome Twosome Ice Pops
Two flavors, one wrapped around the other (blue raspberry/cherry and grape/green apple), make for brilliantly colored sour pops that are just 45 calories each. ($4.49 for a box of 20)

ICE CREAM TEXT BY SYDELL DEBLINGER. ICE CREAM AND CANDY PHOTOS BY GORMAN + GORMAN. FOOD STYLING BY CARRIE PURCELL. S'MORES, US/DISHPHOTO.COM

EDITOR FAVES

Bag These!

EVERY DAY EDITOR NICOLE JONES SNIFFED, CHEWED AND SIPPED (AND, LUCKY US, SHARED) **MORE THAN 100 NEW PRODUCTS** THIS MONTH. HERE'S WHAT STOOD OUT—AND INSPIRED SECONDS AND THIRDS.

Al Fresco Chicken Meatballs: Tomato Basil ($4.99 for 16 meatballs)
These juicy babies can be served with toothpicks for an instant summer starter. Liz, our editor-in-chief, popped six at the tasting!

Big Easy Blends Strawberry Daiq-GO-ri ($9.99 for a 4-pack)
Freeze these alcohol-spiked adult "juice boxes," throw 'em in your bag, and they'll be icy-slushy when you're ready to drink.

Annie Chun's Seaweed Snacks: Wasabi ($1.99)
The entire staff is obsessed with these crispy, light-as-air sheets of dried nori seaweed. All the salty crunch you could want, and the whole package is only 60 calories!

"Supermarket Editor is my name, and tasting is my game," says Nicole Jones.

Lifeway Frozen Kefir: Pomegranate ($4.99 for 1 pt.)
If you're like me and can't resist Pinkberry, you'll love this tangy, low-fat treat with 10 good-for-digestion bacteria strains. It's the first of its kind to hit stores!

Tandoor Chef Balanced Vegetarian Frozen Indian Cuisine ($3.99)
I heated these up for date night with my boyfriend, who grew up in India. Even he was impressed with the intense, authentic flavors.

Jell-O Temptations Lemon Meringue Pie ($2.89 for a 3-pack)
Several editors fell hard for this 100-calorie treat. The lemon gelatin mousse is creamy and refreshing, and the whipped meringue topping is sweet and fluffy.

Good for you!

CHIPS PATROL

Healthy chips were named the number-one snacking trend for 2010*, so it's no surprise to see a slew of new, totally tasty healthy options crowding shelves. Here are our picks.

Popcorn, Indiana Chip'ins
This whole grain snack is made mostly of corn, sea salt and air. Translation: so light! You can eat 30 percent more chips—about 18—for the calories in a serving of regular potato chips. *($4 for a 7.25-oz. bag)*
Flavor Pick: white cheddar
The sharp cheese flavor is so satisfying.

Corazonas Tortilla Chips
These owe their cardiac friendliness to plant sterols, which studies show may help lower cholesterol by up to 14 percent. And each serving has 3 grams of fiber to help you stay full. *($3 for a 7-oz. bag)*
Flavor Pick: black bean and cheese
They contain real black beans and are zesty, cheesy and lightly crunchy.

Kettle Brand Baked Potato Chips
Fans of ultracrunchy crisps, meet your match. These 100-calorie packs are long on potato flavor, but have 65 percent less fat than regular chips. *($2.50 for a 1-oz. bag)*
Flavor Pick: sea salt and vinegar
The vinegar tang keeps taste buds entertained, so you won't miss the fat.

Source: Mintel International and foodchannel.com

EVERY DAY WITH RACHAEL RAY PRESENTS

SHOWDOWN!

★★★ BATTLE OF THE SALSAS ★★★

STORE-BOUGHT SALSA		HOMEMADE SALSA
	VS	
16 OZ. (ALMOST 2 CUPS)	YIELD	2 CUPS
5 SECONDS	PREP TIME	20 MINUTES
$3.99	PRICE	$4.85

IT TOOK OUR TEST KITCHEN 20 MINUTES TO PREP A BASIC HOMEMADE SALSA (TOMATOES, RED ONION, JALAPEÑO, CILANTRO, GARLIC, LIME JUICE AND SALT). YES, IT TASTED BRIGHT AND INCREDIBLE, BUT NOT ONLY WAS IT TIME-CONSUMING, IT ALSO COST ABOUT A BUCK MORE. THE BOTTOM LINE: IN SUMMER, GO HOMEMADE TO TAKE ADVANTAGE OF SCRUMPTIOUS PEAK PRODUCE FLAVOR. BUT SAVE YOURSELF THE TROUBLE AT OTHER TIMES OF THE YEAR—OR ON BUSY WEEKNIGHTS.

AND THE WINNER IS...

★ IT'S A DRAW! ★

STEAK OUT!

In-the-know cooks are keeping dinners fast and affordable this summer with lesser-known quick-cooking steaks found right in the butcher's case. Get in on this tasty trend.

Tri-Tip
(aka california cut, bottom sirloin butt or triangle)
Surprisingly tender for one of the leanest cuts around, this roast (around $5 per pound) can go straight on the grill without marinating and takes less than 15 minutes to cook.
Cook it! Thickly slice after grilling, then dab servings with pesto for a savory herbal touch.

Flatiron
(aka top blade)
This flank steak look-alike has even fat marbling that makes it ultratender—and one of the most versatile cuts of beef out there. Plus, it's a great value: You can get it for as little as $5 per pound!
Cook it! Grill whole, then thinly slice for fajitas with grilled peppers, onions and flour tortillas.

Denver
(aka underblade or beef chuck center)
This has the intense beef flavor of chuck and the juicy tenderness of sirloin—for supercheap (about $4 per pound).
Cook it! Marinate chunks in EVOO, garlic, rosemary sprigs and a touch of balsamic vinegar to enhance the beefy flavor, then thread onto skewers with your favorite veggies and grill.

SALSA TEXT BY GRETCHEN ROBERTS. STEAK TEXT BY CAROLINE WRIGHT. CHIPS TEXT BY AMANDA PRESSNER. CHIPS, MEAT AND HOMEMADE SALSA PHOTOS BY GORMAN + GORMAN. FOOD STYLING BY CARRIE PURCELL. SALSA JAR: GETTY IMAGES

SUPER-TASTY VINAIGRETTES

WE TRIED ALMOST 200—THESE ARE THE BEST!

1 Best Citrus

Cindy's Kitchen Lemon & Shallot Vinaigrette

This full-bodied champ gets subtle zing from lemon juice and a touch of mustard, plus flecks of shallot and parsley. Honey and white balsamic vinegar pull all the flavors together. Perfect over mild salads, like bibb lettuce and crisp apple slices. *($5.99 for 16 oz.)*

2 Best Lightened-Up

Kraft Light Asian Toasted Sesame Reduced Fat Dressing

This low-fat fave packs tons of flavor (from savory soy sauce, spicy ginger and nutty sesame seeds) into 50 calories per serving. "It's so rich, it can't be low-fat!" one panelist marveled. Try it in a salad with orange segments and sugar snap peas. *($2.99 for 16 oz.)*

3 Best Balsamic

Lucini Italia Fig & Walnut Savory Balsamic Artisan Vinaigrette

This star will bowl you over with its fruity vinegar base, revved up by earthy-sweet figs, pungent garlic and roasted walnut oil. It has no problem standing up to strong flavors: "I'm seeing it with a steak-and-blue cheese salad," one blissed-out taster said. *($4.99 for 8.5 oz.)*

4 Best Classic Italian

Newman's Own Family Recipe Italian

Distinct bits of garlic and cracked pepper, plus shreds of romano cheese, make this rustic winner taste homemade. "I'll never buy ordinary, globby yellow italian dressing again!" one panelist resolved. *($3.79 for 16 oz.)*

5 Best Berry

Wild Thymes Raspberry Salad Refresher

"I could drink this straight!" one taster raved. "It tastes like fresh raspberry-orange juice!" And no wonder: Raspberry puree is the first ingredient listed for this bright, tangy dressing. Drizzle over field greens topped with grilled chicken and red onion. *($6.99 for 11 oz.)*

FOOD STYLING BY LISA JENDROW; PROP STYLING BY JULIE FOR HALLER DESIGN

BY DINA CHENEY | PHOTOGRAPHY BY LEVI BROWN

HEALTHY, SPICY, EASY
CHICKEN SAUSAGE

CHORIZO-A-GO-GO!

Hot on kabobs? al fresco® All Natural Chicken Sausage makes it easy to stack up a healthy, balanced and delicious meal, like this quick kabob combo—the secret is our chipotle chorizo with mango chicken sausage skewered and grilled with shrimp, pineapple, zucchini and green bell pepper in a zingy lime marinade. Serve it over a bed of saffron couscous or rice and see how easy it is to spice up your grill in 15 minutes!

Susanna Foline
al fresco Executive Chef

all natural
al fresco®

SAVE $1.00 INSTANTLY

For al fresco® Chorizo Chicken Sausage Kabobs, more recipes and coupons, visit alfrescoallnatural.com

SO MUCH TANGY FLAVOR, THERE'S NO ROOM FOR SALT.

CITRUS GRILLED SALMON

Serves: 4 • Prep Time: 10 min. • Cook Time: 10 to 12 min.

Ingredients:

- 2 Tbsp. Mrs. Dash® Lemon Pepper Blend
- 4, 4 oz. salmon fillets
- 4 slices of lemon
- 4 slices of orange
- 2 Tbsp. white wine
- cooking spray

Directions:

1. Preheat oven to 375°F.
2. Spray a 9 x 9 x 2 inch pan with cooking spray.
3. Lay fish in pan. Coat each fillet with Mrs. Dash® Lemon Pepper Blend.
4. Alternate slices of lemon and orange on top of fish. Sprinkle with wine.
5. Place in oven for 5 minutes. Lower heat to 325°F and continue to cook for 5 minutes. Rest 3-4 minutes before serving.

SALT-FREE, FLAVOR-FULL

www.mrsdash.com

$10 DINNERS for Finicky Families

We asked a recipe pro with two picky eaters to whip up five affordable dinners that could cut the mustard at her family table. She's hit it out of the park! RECIPES BY ABIGAIL CHIPLEY

Crazy for Color! Goodbye, artificial coloring! Mineral-rich turmeric gives our mac 'n' cheese that familiar neon glow—and it's natural.

BLT Mac 'n' Cheese

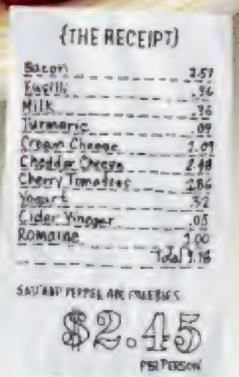
SERVES 4 **PREP** 30 MIN **BAKE** 20 MIN

- 4 slices bacon, cut into 1-inch pieces
- 12 oz. fusilli pasta
- 2 ¼ cups milk
- ½ tsp. turmeric
- 6 oz. cream cheese
- 2 cups finely shredded orange cheddar cheese (about 8 oz.)
- 6 oz. cherry tomatoes, quartered (about 1 cup)
- Salt and pepper
- ¼ cup plain yogurt
- 1 tbsp. apple cider vinegar
- 1 small head romaine lettuce, thinly sliced (about 6 cups)

1. Preheat the oven to 375°. In a large skillet, cook the bacon over medium heat until crisp, about 10 minutes; drain.
2. Meanwhile, in a large pot of boiling, salted water, cook the pasta until almost al dente; drain. In the same pot, bring the milk to a simmer over medium heat; whisk in the turmeric and stir in the cream cheese. Stir in the cheddar cheese until melted. Add the pasta, bacon and tomatoes, season with salt and pepper. Transfer to a 9-by-13-inch casserole dish and bake until heated through, about 20 minutes.
3. Meanwhile, in a large bowl, combine the yogurt and vinegar; season with salt and pepper. Add the lettuce and toss to coat. Serve the salad with the pasta.

AN EXTRA BUCK WILL BUY YOU...

...nitrite-free all beef hot dogs. Swap in for the bacon and you've got another kid-friendly dish.



FOOD STYLING BY PAUL GRIMES | PROP STYLING BY CINDY DIPIEMA. RECEIPTS, GERMAN - GERMAN - HOT DOGS, SHUTTERSTOCK.COM

PHOTOGRAPHY BY YUNHEE KIM

Sweet-and-Sour Chicken

SERVES 4 **PREP** 10 MIN (PLUS STANDING) **COOK** 20 MIN

- *Salt and pepper*
- 1 *cup white rice*
- 1 *can (20 oz.) pineapple chunks, drained, ½ cup juice reserved*
- 2 *tbsp. white vinegar*
- 2 *tbsp. soy sauce*
- 4 *tsp. cornstarch*
- 1 *tbsp. ketchup*
- 2 *tsp. finely grated fresh ginger*
- 1¾ *lbs. skinless, boneless chicken breast, cut into 2-inch pieces*
- 1 *tbsp. vegetable oil*
- 1 *red bell pepper, cut into 1-inch pieces*

1. In a medium saucepan, bring 1¾ cups water and ½ tsp. salt to a boil; stir in the rice. Cover, lower the heat and simmer until the liquid is absorbed, about 20 minutes. Let stand, covered, for 5 minutes, then fluff with a fork.
2. Meanwhile, in a small bowl, combine the pineapple juice, vinegar, soy sauce, 2 tsp. cornstarch, the ketchup and ginger. In a bowl, toss the chicken with the remaining 2 tsp. cornstarch, ½ tsp. salt and ¼ tsp. pepper.
3. In a large nonstick skillet, heat the oil over medium-high heat. Add the chicken and cook, turning occasionally, until browned, about 5 minutes; transfer to a plate. Add the bell pepper and cook, stirring, until crisp-tender, about 2 minutes. Stir in the pineapple chunks and reserved chicken.
4. Whisk the pineapple juice mixture into the chicken mixture and cook, stirring occasionally, until the sauce has thickened and the chicken is cooked through, about 2 minutes. Serve over the rice.

Sweeten the Deal! Pineapple and a drop of ketchup lend a trademark sweetness—without extra sugar.

AN EXTRA BUCK WILL BUY YOU... **...toasted sesame seeds.** Sprinkle on top for rich, nutty flavor and extra crunch.

Sauce Is Boss! A smooth, rich dip makes any food more appealing—and this tartar sauce is so good, the kids tried to drink it!

Fish and Chips

SERVES 4 **PREP** 20 MIN **BAKE** 25 MIN

- ⅓ *cup mayonnaise*
- 1 *tbsp. dijon mustard*
- 1 *tbsp. fresh lemon juice*
- *Salt and pepper*
- 1 *cup panko breadcrumbs*
- 3 *tbsp. EVOO*
- 1½ *pounds sweet potatoes, cut into ½-inch-by-2-inch sticks*
- 3 *tbsp. flour*
- 1 *egg, beaten*
- 12 *oz. tilapia, cut into 8 pieces*

1. Position a rack in the upper third of the oven and preheat to 450°. In a small bowl, combine the mayonnaise, mustard and lemon juice; season with salt and pepper. On a rimmed baking sheet, combine the panko with 1 tbsp. EVOO and ¼ tsp. each salt and pepper. Spread evenly and bake, tossing occasionally, until golden, about 5 minutes; transfer to a shallow bowl.
2. On the rimmed baking sheet, toss the sweet potatoes with the remaining 2 tbsp. EVOO; season with salt and pepper. Arrange in a single layer and bake on the upper rack, turning once, until brown and tender, about 20 minutes.
3. Meanwhile, in a shallow bowl, combine the flour and ¼ tsp. each salt and pepper. Pour the egg into another shallow bowl. Working with 2 pieces at a time, coat the tilapia in the flour mixture, dip in the egg, then coat in the breadcrumbs, pressing to adhere. Place on a baking sheet and bake until cooked through, about 10 minutes. Serve the fish with the dipping sauce and sweet potato fries.

AN EXTRA BUCK WILL BUY YOU...  **...easy coleslaw.** Just dress up shredded cabbage and carrots in a simple vinaigrette.

SESAME SEEDS: GETTY IMAGES; COLESLAW: SHUTTERSTOCK.COM

Hands On! Got picky eaters and control freaks? Let them build personal salad towers—sprinkling on their own toppings is part of the fun.

Haystacks

SERVES 4 **PREP** 20 MIN **BAKE** 10 MIN

- 8 corn tortillas, halved, then cut crosswise into ¾-inch strips
- 2 tbsp. EVOO
- Salt and pepper
- 2 cans (15 oz. each) pinto beans, rinsed
- 1½ cups jarred mild tomato salsa
- ½ head romaine lettuce, shredded (about 4 cups)
- 1 cup shredded monterey jack cheese (about 4 oz.)
- ¾ cup sour cream
- ¾ cup black olives, sliced

1. Preheat the oven to 400°. In a large bowl, toss the tortilla strips with the EVOO; season with salt and pepper. Arrange in a single layer on 2 rimmed baking sheets and bake, switching and rotating the pans halfway through the baking time, until crisp, 8 to 10 minutes; let cool.
2. Meanwhile, in a medium saucepan, combine the beans and 1 cup salsa; bring to a simmer over high heat. Lower the heat to medium and cook, stirring, until thickened, about 5 minutes.
3. Divide the lettuce among 4 plates and top with the bean mixture, cheese, tortilla strips, sour cream, olives and remaining ½ cup salsa.

AN EXTRA BUCK WILL BUY YOU...

...an avocado. Peel and squash it for a quick and easy topping.

Risotto with Shrimp and Peas

SERVES 4 **PREP** 10 MIN **COOK** 40 MIN

- 1 can (14.5 oz.) chicken broth
- 3 tbsp. butter
- 1 small onion, finely chopped
- 1 cup arborio rice
- Salt and pepper
- 8 oz. peeled, cooked small shrimp
- 1 cup frozen peas
- 1 cup finely grated parmesan cheese
- 1 lemon, zested

1. In a small saucepan, heat the chicken broth and 1¾ cups water over high heat until steaming; cover and keep warm. Meanwhile, in a medium saucepan, melt 1 tbsp. butter over medium heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the rice and ½ tsp. salt and cook, stirring, for 3 minutes.
2. Stir in 1 cup of the broth mixture, bring to a simmer and cook, stirring, until the liquid is absorbed, 2 to 3 minutes. Maintaining a low simmer, continue to add the broth mixture, ½ cup at a time, stirring frequently and allowing the rice to absorb the liquid. Cook until the rice is tender and creamy, 20 to 25 minutes. Add the remaining 2 tbsp. butter, the shrimp, peas, and ½ cup cheese and cook, stirring, until the cheese has melted. Stir in the lemon zest; season with salt and pepper. Top with the remaining ½ cup cheese.

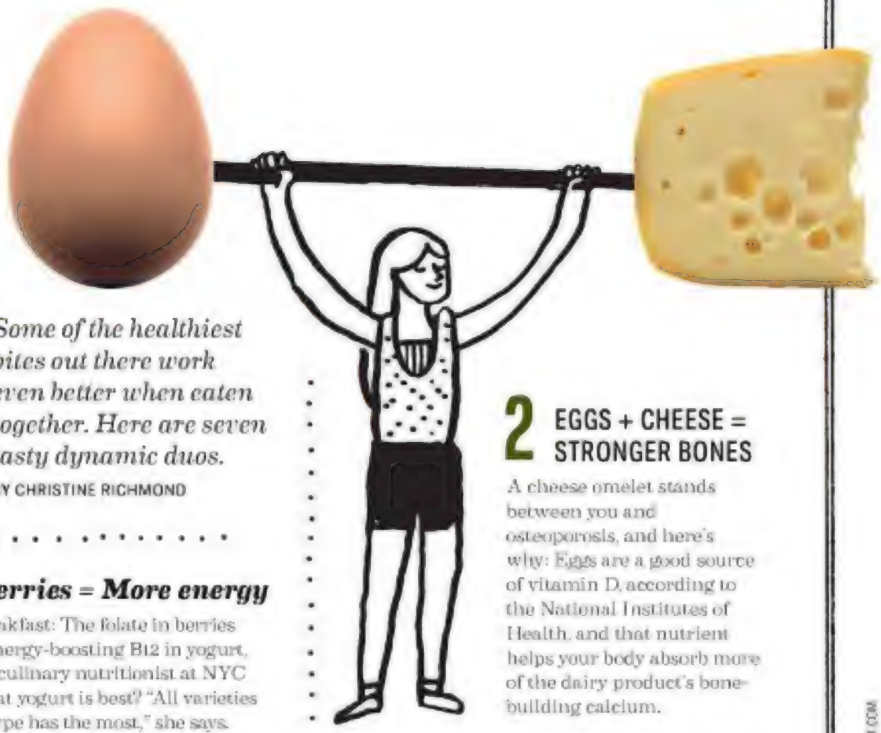
AN EXTRA BUCK WILL BUY YOU...

...a yellow bell pepper. Dice it and stir in at the last minute for a colorful confetti look and a shot of vitamin C.

Size Matters. We won over seafood skeptics with mini shrimp—they're irresistibly cute.

PEPPER AND AVOCADO, STOCKFOOD.COM


Oscar Mayer
The bacon to measure bacon by.
There's bacon. And then there's Oscar Mayer bacon. It's carefully selected and hand trimmed to be the best.
it doesn't get better than this



SUPERFOOD POWER PAIRS!

Some of the healthiest bites out there work even better when eaten together. Here are seven tasty dynamic duos.

BY CHRISTINE RICHMOND

1 *Yogurt + Strawberries = More energy*

Pump up your power breakfast: The folate in berries helps you absorb more of the energy-boosting B12 in yogurt, according to Natalia Hancock, culinary nutritionist at NYC restaurant Rouge Tomate. What yogurt is best? "All varieties have some B12, but the greek type has the most," she says.

2 EGGS + CHEESE = STRONGER BONES

A cheese omelet stands between you and osteoporosis, and here's why: Eggs are a good source of vitamin D, according to the National Institutes of Health, and that nutrient helps your body absorb more of the dairy product's bone-building calcium.

3 SWEET POTATOES + ALMONDS = LOWER CHOLESTEROL

More good news for your ticker: The beta carotene and vitamin C in sweet potatoes work with the vitamin E in tree nuts such as almonds to lower your blood cholesterol levels. A special compound in the skin of almonds appears to make them especially effective, according to 2005 research from the antioxidant lab at the USDA.

4 *Edamame + Miso Soup = Better digestion*

Here's how these two sushi sidekicks work: Edamame (soybeans) contain compounds called prebiotics, which promote the growth of good bacteria, or probiotics. These kick-start fermentation in foods like miso, giving them their tang. When you eat the fermented foods, the good bacteria fight gastrointestinal infections and improve digestion, Hancock says.

5 *Tomatoes + Avocado = Healthier-looking skin*

Could the secret to a dewy complexion be this favorite salad combo? A 2008 dermatology report showed that an antioxidant in tomatoes called lycopene helps protect skin from UV damage, which causes wrinkles and age spots. Even better, nutritionists have determined that the fat in avocado significantly increases the amount of lycopene absorbed from the tomatoes. Pass the salad, please!

6 RASPBERRIES + DARK CHOCOLATE = A HEALTHY HEART

It's *amore*! You get more protection against heart disease when this decadent duo's antioxidants are consumed together than when they are eaten separately, according to Italian researchers in the *American Journal of Clinical Nutrition*. All chocolate is not alike, though: According to Hancock, "The greater the percentage of cacao, the more antioxidants it contains."

7 *Glass of Red Wine + Salmon = A better mood*

Let's lift a glass to this delicious combination. The antioxidants in the wine help your body absorb the salmon's omega-3 fatty acids, which can boost brain health and stave off depression. Cheers!

EGG, CHEESE, STRAWBERRY, CHOCOLATE, TOMATO, AVOCADO, MISO AND EDAMAME: GETTY IMAGES; RASPBERRY, SWEET POTATO, SALMON AND ALMOND: ISTOCKPHOTO.COM; YOGURT: THINKSTOCK.COM

ILLUSTRATIONS BY ELLIOT STOKES

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Good Food. Good Life

Have a Sushi Sleepover!

It's a great way to keep 'em busy—cooking, rolling and feeling cool. BY TRACEY SEAMAN

SUSHI LOVE With tweens downloading sushi apps and wearing sushi T-shirts, it's clear: They love sushi! Why? Probably because it's such a cute, fun way to eat veggies that taste—and look!—so good.

PHOTOGRAPHY BY CON POULOS

This one's complicated, so for even sushi rolls, try practicing ahead of time with extra rice and nori. Before getting to work, read the recipe with your kids and set out what you'll need.

EQUIPMENT

Extra-large stainless steel bowl

Fine-mesh strainer

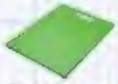
Medium saucepan

Fork

Cup or small mixing bowl

2 wooden spoons, paddles or rubber spatulas

Chef's knife



Cutting board

Tongs

Plastic wrap

*Sushi mat**

Find these bamboo mats in Asian markets and on amazon.com for $3 to $4.

FOOD STYLING BY MICHAEL PEDERSON. PROP STYLING BY CHRISTINA LANE. EQUIPMENT PHOTOS BY GORMAN + GORMAN

special orders!

Go fish: *For anyone allergic to shellfish, use tuna instead of shrimp.*

Go meaty: *Lightly grill thin strips of steak and roll up with the veggies.*

Go veg: *For vegetarian tweens, leave out fish and meat and tuck in cucumber strips and shredded carrot.*

Go simple: *Losing them to a TV show? Skip the rolling and put the rice in a bowl with the ingredients on top. It's still delish!*

CLICK

Watch and learn how to roll your own sushi with test kitchen director Tracey Seaman at **rachaelraymag.com/june.**

Party Sushi Rolls

MAKES 48 PIECES **PREP** 45 MIN **COOK** 35 MIN

In case you're worrying about messing up the first sushi you try to roll, this recipe tells you to make more rice than you need. Use any that's left over for the Sticky Rice Thumbprints, below.

- 3 cups sushi rice (It's naturally sticky and holds together.)
- ¾ cup rice vinegar
- 2 tsp. sugar
- 12 thin asparagus spears
- 12 large shrimp, peeled and deveined
- About 3 tbsp. vegetable oil
- Salt and pepper
- 1 hass avocado (Ripen slices with cut side down; strips thick for beginning.)
- 6 sheets yaki nori (These are tasty, slightly salty seaweed sheets of seaweed.)
- ¾ cup toasted hulled sesame seeds
- Soy sauce, pickled ginger and wasabi paste, for serving

Just for Mom and me

GET READY, STEPS 1-4

1. Place the rice in an extra-large bowl with warm water to cover by 3 inches. Swish and rub the rice with your fingers; the water will become cloudy. Drain the rice in a fine-mesh strainer; repeat until the water is clear (up to 5 times). Dry the bowl and reserve.

2. Place the rice in a medium saucepan with 3 cups cold water and let soak for 15 minutes. Cover the pot with a lid and bring to a boil over medium heat. Watch for steam, then, without lifting the lid, immediately lower the heat to very low and cook, covered, until the rice is tender and all water is absorbed, about 20 minutes. Remove the pan from the heat, fluff the rice with a fork and let stand, covered, for 10 minutes.

3. Fluff the rice again, then transfer to the reserved extra-large bowl. In a cup, stir together the vinegar and sugar until the sugar dissolves. Drizzle the mixture over the warm rice, then toss well with 2 wooden spoons or rubber spatulas to coat the rice. Cover the bowl with a towel and let the rice cool completely.

4. Preheat a grill pan or cast-iron skillet over medium heat. Lightly brush the asparagus and shrimp with the oil; season with salt and pepper. Grill the asparagus until crisp-tender, about 4 minutes; set aside. Grill the shrimp until firm and lightly charred, about 4 minutes. When the shrimp is cool, coarsely chop it.

The BFFs are here!

LET'S ROLL, STEPS 5-11

5. Halve, pit and peel the avocado; cut it into 12 lengthwise strips and place on a plate. Place the asparagus and the shrimp on separate plates. Fill a bowl with water (to dampen your hands so the rice sticks to itself, not to you!). Set the nori on the work surface.

6. Lay a sushi mat in front of you with the slats running horizontally. (If you have a few mats, break up into teams of 2 or 3 and divvy up these tasks.) Cover the mat with plastic wrap and tuck the plastic under the mat's ends to anchor it. Place a sheet of nori, with the long side facing you, on the mat.

7. Measure out 1 cup of the seasoned rice and place on the nori. **With barely damp hands, spread the rice evenly over the nori, pressing it down and smearing it so that it sticks to the nori (A).** (If rice sticks to your hands, dampen them again.) Sprinkle 2 tsp. sesame seeds on top.

8. Teamwork time: One friend holds the plastic wrap down, while the other picks up the nori at 2 corners and gently flips it over so it's rice side down (now the rice is on the outside of the sushi).

9. Across the center of the nori, arrange 2 asparagus spears, making sure they reach both edges. Sprinkle about ⅓ cup chopped shrimp on top. Arrange 2 avocado slices end to end (B). Even rows mean nice, neat rollups!

10. Untuck the plastic wrap at the end nearest to you and lift it up and forward to force the rice and nori to fold over the filling. Continue forcing the rice to roll up around the filling. Use the plastic wrap to do this, but do not roll the plastic wrap into the sushi roll; it should stay on the outside. You don't want to eat the plastic! **Once you've formed the sushi roll, bring the mat up and over it and use both hands on the mat to produce a firm cylinder (C).** Repeat this process with the remaining ingredients to make 6 sushi rolls.

11. Remove the roll and discard the plastic. **Use a wet, sharp knife to cut it into 8 pieces (D).** Place the sushi pieces flat on a serving plate. Fill small bowls with soy sauce, pickled ginger and wasabi. Now it's time for you to help clean up and set the table!

Use the Extra Rice! *Save leftover rice at room temperature for up to 24 hours and make Sticky Rice Thumbprints. Wet your hands, form a spoonful of rice into a small ball and, using your thumb, press the treats into the top of each ball, then sprinkle with the suggested topping.*

Press in **EDAMAME**, top with sesame seeds.

Press in seedless **GRAPES**, top with honey.

Press in cooked **HAM**, top with mustard.

Press in diced **CUKES**, top with chopped peanuts.

Press in cubed **MANGO**, top with toasted coconut.

yum-o! Need creative ideas for getting kids to eat healthy and stay active? Go to yum-o.org, Rach's nonprofit organization, for outdoor activities, food trivia games, recipes, cooking tips, and plenty of delicious, kid-friendly dishes and snack ideas. Everything suggested is good for them, but they'll have so much fun, they'd never know it.

STICKY RICE THUMBPRINTS BY KANG KIM. FOOD STYLING BY JANE KIMM. PROP STYLING BY CINDY SHRIMM. AVOCADO AND YAKI NORI, GETTY IMAGES. RICE, SHUTTERSTOCK.COM

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Yum-o!

Launched in 2006 by Rachael Ray, Yum-o! is a nonprofit organization that empowers kids and their families to develop healthy relationships with food and cooking by teaching families to cook, feeding hungry kids, and funding cooking education and scholarships. Check out **www.yum-o.org** to find fun, fast and affordable recipes, and ideas and inspiration from people and organizations that are changing the way America eats.

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Make Over My Tuna Salad!

We take a beloved but dull mainstay and turn it into an exciting summer lunch. RECIPE BY TRACEY SEAMAN

GAME CHANGERS

RED POTATOES
Miss the bread? Potatoes provide healthy carbs, plus filling fiber, potassium and vitamin C.

OLIVE-OIL-PACKED TUNA
It's not the diet-buster you think. Water-packed tuna is tough and needs mayo; olive-oil-packed is juicy and tender, requiring little dressing.

CELERY AND ONION
Their crunch wakes up lunch and prevents mushy monotony. Other crisp add-ins: shredded carrots and chopped scallions.

makeover mission

subject
Amanda Junker, Phoenix

challenge
"I pack a tuna salad sandwich for lunch a couple of times a week. I need a fresh—and just as portable—idea."

Tuna-Stuffed Blooming Tomato

SERVES 4 **PREP** 15 MIN **COOK** 20 MIN

- 6 small red potatoes
- 1 lemon, juiced, plus 1 tsp. lemon zest
- 2 tsp. dijon mustard
- ¼ cup EVOO
- 2 cans (6 oz. each) tuna packed in olive oil, drained and flaked
- 2 large celery ribs with leaves, thinly sliced crosswise
- ¾ cup finely chopped red onion
- Salt and pepper
- 1 package (5 oz.) arugula
- 4 ripe tomatoes, cored and partially cut into 6 wedges (bottom still intact)

1. In a large saucepan, add enough salted water to cover the potatoes by 1 inch. Bring to a boil, lower the heat to medium-high and cook until fork-tender, about 15 minutes; drain. Let cool slightly, then slice.
2. Meanwhile, in a medium bowl, whisk together two-thirds of the lemon juice, the lemon zest, mustard and 2 tbsp. EVOO. Add the tuna, celery and onion and toss to coat. Season with salt and pepper.
3. In a large bowl, toss the arugula with the remaining lemon juice and 2 tbsp. EVOO; season with salt and pepper. Divide the salad greens among 4 plates, place a tomato on top of each portion and, using an ice cream scoop, stuff the tomatoes with the tuna salad. Arrange the potatoes around the base of each tomato.

FOOD STYLING BY PAUL GRIMES, PROP STYLING BY CINDY DIPIANA, TUNA SANDWICH, ALAMY.COM. ILLUSTRATIONS BY JOE MORE COFFEE ALL.

PHOTOGRAPH BY YUNHEE KIM

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BERRY EASY BERRY DELICIOUS!

No trimming, crimping or fussing—just a single crust that wraps around a delightful jumble of fresh berries. BY TRACEY SEAMAN

TYPICAL CRUST
Roll and flute 2 of em
25 min.

OURS
Roll and pleat 1 rustic version
10 min.

FOOD STYLING BY KAREN TACK; PROP STYLING BY PHILIPPA BRATHWAITE

PHOTOGRAPHY BY RO MULO YANES

Rustic Tri-Berry Pie

SERVES 8 **PREP** 45 MIN (PLUS COOLING) **BAKE** 1 HOUR

- 3 containers (6 oz. each) blackberries (about 3½ cups)
- 1 cup sugar, plus more for sprinkling
- ¼ cup quick-cooking (not pearl) tapioca
- 2 tbsp. fresh lemon juice
- 5 oz. strawberries (about 2 cups), halved or quartered
- 1 container (6 oz.) blueberries (about 1¼ cups)
- 1½ cups flour
- ¾ tsp. salt
- 1 stick (8 tbsp.) plus 2 tbsp. cold unsalted butter, cut into small cubes
- 1 large egg, separated
- Ice water
- Strawberry ice cream, for serving

1. In a large bowl, combine 1 cup blackberries, ¼ cup sugar, the tapioca and lemon juice; mash with a potato masher. Stir in the strawberries, blueberries, remaining blackberries and ¾ cup sugar. Let stand for at least 20 minutes, gently stirring once or twice.

2. Meanwhile, position a rack in the lower third of the oven and preheat to 400°. In a large bowl, whisk together the flour and salt. Add 8 tbsp. butter and, with a pastry blender or 2 knives, cut the butter into the flour until crumbly. Continue working with your fingertips until the mixture is flaky. In a cup, combine the egg yolk with ¼ cup ice water. Drizzle over the flour mixture and stir with a fork until incorporated and the dough is slightly moist but not wet. (Test by pinching some of the dough; if it doesn't stay together, sprinkle about 1 tsp. more ice water on the dry part and gather the dough into a mass.)

3. Transfer the dough to a lightly floured surface and, with a lightly floured rolling pin, roll out to a 13-inch round, rotating the dough occasionally to keep it even and to prevent it from sticking to the surface. Roll the dough up onto the pin and unroll over and into a 9-inch pie plate (see top right); center it and let the excess pastry drape over the edges. Gently press the dough into the pan (see middle right).

4. Spoon the berry mixture evenly into the pan, making sure to pour in all the juices that have collected in the bowl. Dot the top with the remaining 2 tbsp. butter. Gently fold the pastry up over the berries, pleating as you go around (see bottom right).

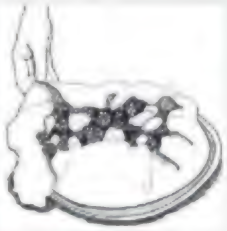
5. In a small bowl, beat the egg white with a fork until frothy. With a pastry brush, lightly glaze the pastry all over with the egg white. Sprinkle the dough with a few pinches sugar. Bake the pie until the berry filling is bubbling well, about 1 hour; check after 40 minutes and if the crust is browning too quickly, cover loosely with a sheet of foil. Let the pie cool completely, at least 4 hours, before cutting and serving with scoops of strawberry ice cream.

Too hot to bake?
Toss berries with the sugar and lemon juice, then let sit for 10 minutes before serving over strawberry ice cream.

Make Our No-Fuss Crust

EASY TRANSPORT
Once you've rolled out the dough, drape it over the rolling pin to transfer to the pie plate (then just center over the dish and unroll).

GOOD IMPRESSIONS
Gently press the dough into the edge of the dish to eliminate any air pockets.



IT'S A WRAP
Mound the berries and butter cubes into the dough, then fold in the overhang, loosely pleating it as you go.

ILLUSTRATIONS BY ZOE MORE O'FERRALL

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PHOTOGRAPH BY BURCU AVSAR
CHALKBOARD LETTERING BY ANDREA CASEY

30 minute MEALS BY RACHAEL RAY

Get grilling and get goin' on summer with my special twists on burgers, sliders, and franks and beans—plus a few supereasy dishes that get you out of the kitchen fast.

Popper Sliders

MAKES 12 SLIDERS

- 3 fat, fresh jalapeño chile peppers
- EVOO or vegetable oil, for drizzling
- 1 red fresno chile pepper, sliced
- 8 oz. cream cheese, softened
- 2 tbsp. grated onion
- 1 large clove garlic, grated or pasted
- A small handful cilantro leaves, finely chopped
- ½ tsp. ground cumin
- Salt and pepper
- 2 lbs. coarsely ground beef sirloin (lean) or chuck (fattier)
- 1 brick (2-by-2-inch) sharp yellow cheddar or smoked yellow cheddar cheese (about 4 oz.), thinly sliced
- 12 slider rolls, such as 3-inch brioche rolls or cornmeal-topped dinner rolls, split

0:05 minutes

Get Started

Preheat an outdoor grill, indoor griddle or grill pan to medium-high heat.

Step 1

Cut off and discard the tops of the jalapeños. Using an apple corer or fork handle, scoop out and discard the seeds; slice the jalapeños into strips or rounds.

0:10 minutes

Step 2

Heat a little EVOO in a medium skillet over medium-high heat, add the jalapeño and fresno chile peppers and toss for a couple of minutes until crisp-tender and charred at the edges.

0:25 minutes

Step 3

Combine the cream cheese, onion, garlic, cilantro and cumin; season with salt and pepper. Season the beef with salt and pepper, form 12 patties (thinner at the center). Coat with EVOO, grill or griddle for 2 to 3 minutes. Flip and top with some cream cheese mixture and sliced cheese.

0:30 minutes

Step 4

Grill with the lid down (or tent with foil) until the cheese is melted, 2 to 3 minutes. Serve on the rolls topped with the chile pepper slices.

"Use of these 30-minute meals are grill-friendly and can be made indoors or out."

FOOD PHOTOGRAPHY BY JOHN KERNICK

FOOD STYLING BY CYD RAFTUS MCCOMBS, PROP STYLING BY HEATHER CHRONTOS. BB PORTRAITS BY JIM WRIGHT, FASHION STYLING BY JANE HARRISON FOX. HAIR BY CARRIE FERNOW. MAKEUP BY JOE J. SIMON FOR GIORGIO ARMANI BEAUTY.

30 minute MEALS

Grilled Paprika Shrimp Quesadillas

SERVES 4 TO 6

- 1 lb. large shrimp, shelled and deveined
- EVOO, for drizzling
- 1½ tsp. sweet smoked paprika (half a scant palmful)
- 1 tsp. onion powder (⅓ palmful)
- ½ tsp. garlic powder (eyeball it)
- Salt and pepper
- 1 lime, juiced
- A small handful cilantro or flat-leaf parsley leaves, finely chopped
- 1 slightly underripe avocado—pitted, removed from skin and very thinly sliced or diced
- ½ lemon, juiced
- 8 large tortillas, heated to soften slightly
- 2 plum or vine tomatoes, seeded and diced
- 4 scallions, very thinly sliced or chopped
- 2½ cups shredded monterey jack cheese
- Cooking spray

Get Started

Preheat an outdoor grill, indoor griddle or grill pan to medium-high heat.

Step 1

Dress the shrimp lightly in EVOO, then season with the smoked paprika, onion powder and garlic powder; season with salt and pepper. Thread the shrimp onto metal skewers. Grill until pink and firm, about 2 minutes on each side. Douse with the lime juice, then remove the shrimp from the skewers and chop; sprinkle with the cilantro or parsley. Dress the avocado with the lemon juice.

Step 2

Build the quesadillas on the tortillas in assembly-line fashion: On one half of each tortilla, arrange the shrimp, tomatoes, scallions, avocado and cheese. Fold over the other tortilla half, then spray lightly with cooking spray. Grill, turning once, until crisp and the cheese has melted, about 5 minutes. Cut into wedges and serve.

Johnnie C's Sweet Italian Sausage Subs with Fennel and Onions

SERVES 4

- 8 good-quality sweet Italian sausages (about 2 lbs.), such as John's pick, Fra' Mani
- 2 tbsp. EVOO, plus more for drizzling
- 2 bulbs fennel with fronds—quartered, cored and thinly sliced, with a handful of fronds reserved
- 2 medium or 1 large onion, thinly sliced
- 4 cloves garlic, very thinly sliced
- A few sprigs fresh thyme, finely chopped
- Salt and pepper
- About ½ cup Pernod (or other licorice-flavored liqueur) or John's current fave, St-Germain (elderflower liqueur)
- 1 cup dry white wine
- 4 Italian-style 8-inch-long sub or hoagie rolls
- Shaved parmigiano-reggiano cheese, for garnish
- A handful torn basil leaves or a few stems tarragon, chopped
- Chopped flat-leaf parsley, for garnish

Step 1

Parboil the sausages in a few inches of water until cooked through, about 20 minutes. Meanwhile, preheat an outdoor grill, indoor griddle or cast-iron pan to medium-high heat.

Step 2

While the grill heats up, add 2 tbsp. EVOO, a couple turns of the pan, to a large skillet over medium heat. Add the sliced fennel, onion, garlic and thyme; season with salt and pepper. Cook until tender, 12 to 15 minutes. Deglaze with the Pernod or St-Germain, then with the white wine; reduce the liquids at a simmer for about 10 minutes.

Step 3

Meanwhile, split the sausages lengthwise but do not cut through; drizzle with EVOO. Grill the sausages on both sides. Place in the sub rolls and top with the fennel-onion mixture and cheese; garnish with the basil or tarragon, reserved fennel fronds and parsley.

Nicoise-Style Grilled Tunawich

SERVES 4

- 4 eggs

Green-and-Black Tapenade

- ½ cup pitted nicoise olives or other good-quality black olives
- 2 anchovy fillets (optional)
- ½ cup chopped flat-leaf parsley
- A few stems sage
- A couple sprigs each rosemary and thyme
- 1 tsp. fennel seeds
- 1 shallot, coarsely chopped
- 1 large clove garlic, grated or chopped
- ½ small lemon, juiced
- 1 tbsp. white wine vinegar
- About 3 tbsp. EVOO

Tuna

- 4 tuna steaks (1 inch thick, 6 to 7 oz. each)
- EVOO, for drizzling
- Salt and pepper
- 4 brioche or other sandwich rolls
- Dijon mustard (optional)
- Green-leaf lettuce or romaine hearts, chopped
- 8 thin slices ripe tomato

0:15 minutes

0:25 minutes

0:30 minutes

Get Started

Preheat an outdoor grill, indoor griddle or grill pan to medium-high heat.

Step 1

Place the eggs in a medium saucepan, cover with water and bring to a boil. Cover the pan, turn off the heat and let the eggs stand for 10 minutes. Crack the shells and peel under cold water, then slice the eggs.

Step 2

Meanwhile, place the tapenade ingredients in a food processor (pictured above) and pulse-process to form a thick herb sauce.

Step 3

Drizzle the tuna with EVOO; season with salt and pepper. Grill, turning once, for 4 to 6 minutes for slightly pink centers, or for 8 minutes for opaque fish.

Step 4

Serve the tuna on the brioche rolls (I like a little dijon spread on the bottom bun) with lettuce, tomato, sliced eggs and lots of tapenade to glue the bun tops in place.

Pigs in Ponchos (Tortilla-Wrapped Franks and Beans)

MAKES 8 PONCHOS

- 8 good-quality hot dogs
- 1 can (16-oz.) vegetarian (lard-free) spicy refried beans
- 1 large poblano chile pepper
- 16 flour tortillas (8-inch), heated to soften slightly
- 1½ cups homemade or store-bought salsa verde
- Yellow mustard, jalapeño mustard or honey mustard
- 2½ cups shredded monterey jack cheese
- Cooking spray

Get Started

Preheat an outdoor grill, indoor griddle or grill pan to medium-high heat.

Step 1

Parboil the hot dogs for a few minutes to heat through. In a medium saucepan, heat the beans over medium heat (or cover and heat in the microwave on high for 3 minutes), adding a little water to thin slightly.

Step 2

Meanwhile, grill the poblano (or cook over an open flame on the stovetop or under the broiler) until evenly charred. Transfer to a bowl, cover and let cool, then peel and slice.

Step 3

Make the ponchos: Top each of 4 tortillas with a thin layer of salsa verde, a swirl of mustard, a few slices of poblano and lots of cheese, then cover each with another tortilla. Spread the top tortilla with some beans and set a dog at one end. Wrap and roll up the tortilla stack around the dog; repeat with the remaining ingredients. Spray the ponchos with cooking spray and grill for a few minutes to brown and crisp the tortillas.

Try my bite-size version! *"For parties, I make a variation called Piglets in Ponchos: Wrap mini sausages in tortillas; bake, don't fry; and serve with salsa. My homemade Salsa Verde goes with either of these dishes; find the recipe at rachaelraymag.com/june."* —*Rachael*

Rach's Chicken Spiedies with Sesame Sauce

SERVES 4

- About ½ cup EVOO
- 5–6 large cloves garlic, minced or grated
- A generous handful basil, thinly sliced or torn
- A couple of palmfuls chopped fresh thyme
- 3 lemons
- 1 fresh chile pepper, such as red cherry or fresno, seeded and finely chopped
- A handful finely chopped flat-leaf parsley
- Salt and pepper
- ¾ cup tahini paste
- About 1 tbsp. white balsamic or white wine vinegar
- 4 pieces skinless, boneless chicken breast, cut into bite-size cubes
- 1 heart romaine lettuce, shredded
- 4 crusty, foot-long rolls, split
- 1 cup drained giardiniera (pickled vegetables), chopped

0:10 minutes

0:15 minutes

0:30 minutes

Get Started

Preheat an outdoor grill, indoor griddle or grill pan to medium-high heat.

Step 1

In a bowl, whisk together the EVOO, garlic, basil, thyme, and the zest and juice of 2 lemons. Stir in the chile pepper and parsley; season with salt and pepper. Spoon 3 tbsp. of the dressing into a small bowl and stir in the tahini, vinegar and the juice of the remaining lemon; set aside this sesame sauce for dressing the subs (if it's too thick for drizzling, thin with a little water).

Step 2

Toss the chicken in the remaining marinade to coat well. Thread onto metal skewers or string onto grill wire. Grill, turning occasionally, until cooked through, about 10 minutes.

Step 3

Pile the lettuce on the rolls and top with the chicken, lots of sesame sauce and the giardiniera.

"This one is a personal perennial favo."


PERENNIAL
fave

Lemon-Scented Carbonara

SERVES 4

- Salt and coarse black pepper
- 1 lb. egg tagliatelle pasta
- 3 tbsp. EVOO
- ½ lb. pancetta, finely chopped
- 1 bunch thin scallions, finely chopped, whites and greens separated
- 1 small fresno chile pepper, seeded and finely chopped (optional)
- 6 cloves garlic, finely chopped
- 1 large ripe organic lemon
- About 1 tbsp. chopped fresh thyme
- ¾–1 cup dry white wine
- 3 large organic egg yolks
- A handful flat-leaf parsley, very finely chopped
- A couple of handfuls freshly grated parmigiano-reggiano cheese
- A couple of handfuls freshly grated pecorino-romano cheese
- Shredded basil and diced yellow tomato for garnish

0:15 minutes

0:20 minutes

0:30 minutes

Get Started

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving about ¾ cup of the pasta cooking water.

Step 1

While the pasta is working, in a large skillet, heat the EVOO, 3 turns of the pan, over medium heat. Add the pancetta, season with 1 tsp. black pepper and cook until lightly browned. Stir in the scallion whites, chile pepper (if using) and garlic. Zest the lemon over the pan, stir in the thyme and cook for 3 minutes. Add the wine and cook until reduced by half, 1 to 2 minutes. Turn the heat to low.

Step 2

In a medium bowl, beat the reserved pasta cooking water with the egg yolks to temper them. Add the juice of the lemon, the parsley and scallion greens to the skillet.

Step 3

Add the pasta to the skillet, turn off the heat and pour in the tempered eggs. Sprinkle in a small handful of each of the cheeses and toss vigorously for 1 minute until the sauce coats the pasta and is thick and shiny. Serve in shallow bowls with a little extra cheese, the basil and tomato on top.

FOR Mom

Sausage-and-Shrimp Hash with "Grits" and Eggs

SERVES 4

- 2 tbsp. EVOO, plus more for frying
- ½ lb. andouille sausage, casings removed, meat diced
- 1 red or green bell pepper, seeded and chopped
- 2 ribs celery with leafy tops, chopped
- 1 small onion, chopped
- 2 large cloves garlic, chopped
- Salt and pepper
- 2 tbsp. chopped fresh thyme
- ½ lb. large shrimp—peeled, deveined and coarsely chopped
- 2 tbsp. hot sauce, such as Frank's RedHot
- ½ cup crisp-tasting beer (think of a use for the rest)
- 3 cups chicken stock
- 1 cup quick-cooking polenta
- 2 tbsp. honey
- 2 tbsp. butter
- 4 extra-large organic eggs

Step 1

In a large skillet, heat 2 tbsp. EVOO, 2 turns of the pan, over medium-high heat. Add the sausage and cook until browned, 3 to 4 minutes. Add the bell pepper, celery, onion and garlic; season with salt, pepper and the thyme. Cook until crisp-tender, 3 to 4 minutes. Add the shrimp and cook until pink, 2 to 3 minutes. Douse with the hot sauce and deglaze the pan with the beer.

Step 2

Meanwhile, in a medium saucepan, heat the chicken stock to a boil, then lower the heat and gradually whisk in the polenta. Cook, whisking, until it masses together and is thick yet not too stiff, 2 to 3 minutes. Stir in the honey and butter, then turn off the heat.

Step 3

In a skillet, fry the eggs to your liking in a little EVOO.

Step 4

To serve, pour the polenta into shallow bowls and shape a well in the center of each; fill the wells with the shrimp hash. Top with the eggs.

Spinach, Artichoke and Tuna Tortellini Salad

SERVES 4

- 1 box (10 oz.) organic frozen chopped spinach
- Salt and pepper
- 1 lb. cheese tortellini
- 2 tbsp. EVOO
- 2 tbsp. butter
- 1 large shallot, finely chopped
- 3–4 cloves garlic, chopped
- 1 can (14 oz.) quartered artichokes in water, drained
- Nutmeg
- 1 can (5 oz.) line-caught tuna, drained and flaked
- 1 lemon, juiced
- 2 tbsp. chopped fresh thyme

Step 1

Defrost the spinach in the microwave, wring it dry and separate the leaves.

Step 2

Meanwhile, bring a large pot of water to a boil, salt it, add the tortellini and cook according to package directions. Drain and let cool.

Step 3

In a large skillet, heat the EVOO, 2 turns of the pan, and butter over medium heat. Add the shallot and garlic and cook, stirring, for 2 minutes. Add the artichokes and spinach; season with a little salt and pepper and a hint of freshly grated nutmeg.

Step 4

Add the tuna and pasta to a bowl. Top with the spinach and artichokes. Dress with the lemon juice and thyme. Serve or refrigerate for later.

Thai-Style Chicken with Basil and Pineapple

SERVES 4

- 2¾ cups chicken stock
- 2 tbsp. butter
- 1½ cups jasmine or other white rice
- Peanut or vegetable oil, for stir-frying
- 1½ lbs. skinless, boneless chicken breast or thigh meat chopped into bite-size pieces
- Finely ground white or black pepper
- ½ pineapple, trimmed and sliced into thin, bite-size pieces (1 cup)
- 1 bell pepper—seeded, quartered lengthwise and thinly sliced
- 1 red fresno (milder) or thai (hotter) chile pepper, seeded and thinly sliced or finely chopped
- 1 piece (1½ inches) fresh ginger, grated or minced
- 3–4 large cloves garlic, chopped
- About 2 tbsp. kecap manis (an Indonesian condiment), or substitute 2 tbsp. tamari plus 1 tsp. sugar
- 1½ tbsp. fish sauce
- 1 cup basil leaves (about 20 to 24), torn
- 1 lime, ½ juiced and ½ cut into wedges, plus 1 tsp. zest

0:20 minutes

0:25 minutes

0:30 minutes

Step 1

In a medium saucepan, bring the chicken stock and butter to a boil, then stir in the rice and return to a boil. Lower the heat, cover and simmer until tender, 16 to 18 minutes. Fluff with a fork.

Step 2

When the rice is about ready, heat a thin layer of oil, about 1½ tbsp., in a large nonstick skillet over high heat. Pat the chicken dry and season with pepper. Add the meat to the pan in a single layer and do not touch for 2 minutes; stir-fry until golden, about 3 minutes more. Transfer to a plate.

Step 3

Add a little more oil to the skillet and heat up, then add the pineapple, bell pepper, chile pepper, ginger and garlic and stir-fry until crisp-tender and the pineapple pieces are light golden at the edges, about 3 minutes. Stir in the kecap manis (or tamari and sugar) and fish sauce. Add the chicken and toss to coat.

Step 4

Turn off the heat and add half the basil leaves to wilt. Stir in the lime juice and zest and toss again to combine. Serve with the rice and garnish with the lime wedges and remaining basil.

CLICK

Find more 30-Minute Meals (over 500 of 'em) at **rachaelraymag.com/30**.

16 SIMPLE SIDES OF SUMMER

THESE ULTRA-FRESH, NO-COOK DISHES ARE A FAST AND EASY WAY TO GET THE SEASON ON A PLATE.

WITH PULL-OUT-AND-SAVE RECIPES

BY MELISSA CLARK

PHOTOGRAPHY BY LISA HUBBARD

1 | ZUCCHINI LINGUINE WITH ALMONDS

2 | MOROCCAN CARROT-CHICKPEA SALAD

3 | ANTIPASTI BOWL

4 | CELERY SALAD WITH BLUE CHEESE

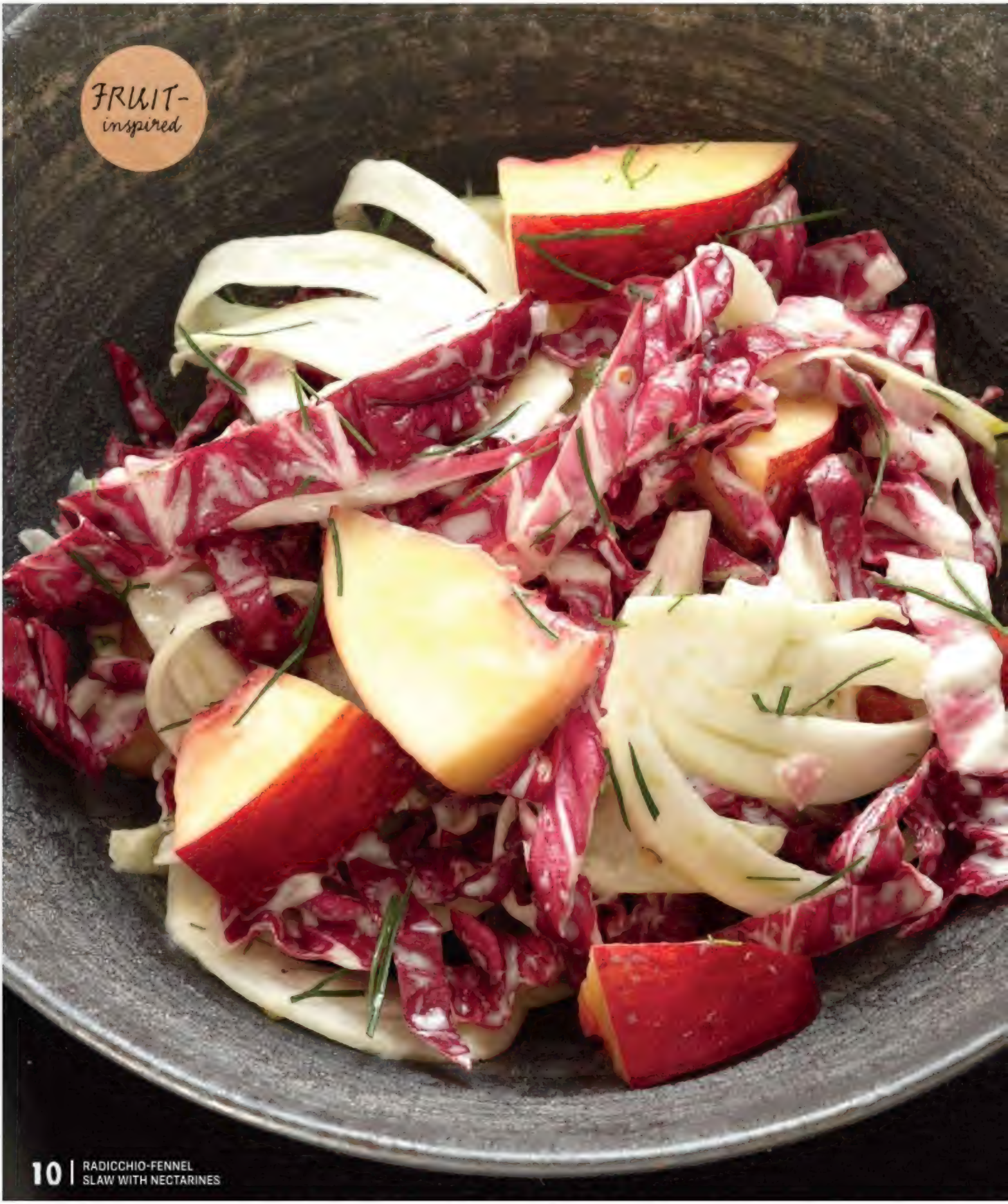
5 | BEAN SPROUT-AND-RED RADISH SALAD

6 | RAINBOW TOMATOES AND WHITE BEANS

7 | WILTED GREENS AND BLACK-EYED PEAS

8 | CREAMY CORN SUCCOTASH

9 | KALE CAESAR


FRUIT-
inspired

FOOD STYLING BY SUSAN SPUNGEN; PROP STYLING BY MATTHEW GLEASON.

16 SIMPLE SIDES OF SUMMER

BE INSPIRED BY THE BOUNTY IN STORES! PULL THIS OUT TO KEEP ON YOUR COUNTER ALL SEASON LONG!

Zucchini Linguine with Almonds

SERVES 4 **PREP** 20 MIN

1 piece (4 oz.) parmesan cheese ❑ 2 lemons, finely zested and juiced ❑ 1 clementine, finely zested and juiced ❑ 10 basil leaves ❑ 1 tbsp. dijon mustard ❑ ½ cup EVOO ❑ 1¾ lbs. small zucchini ❑ 1 cup slivered almonds

1. Using a peeler, shave half of the parmesan; grate the remaining. In a food processor, combine the grated cheese, lemon and clementine zests and juices, basil and mustard. With the machine on, drizzle in the EVOO.
2. Using a mandoline with a julienne blade, slice the zucchini into strands. Place in a bowl and toss with the almonds and dressing; top with the parmesan curls.

Moroccan Carrot-Chickpea Salad

SERVES 8 **PREP** 20 MIN

1 lemon, finely zested and juiced ❑ 1 tsp. ground coriander ❑ ⅛ tsp. cayenne pepper ❑ salt ❑ ½ cup EVOO ❑ 1½ lbs. carrots, coarsely grated ❑ 2 cans (15 oz. each) chickpeas, rinsed ❑ ½ cup golden raisins ❑ ½ cup roasted, unsalted cashews, coarsely chopped ❑ ⅓ cup coarsely chopped cilantro, plus leaves for garnish ❑ ⅓ cup chopped fresh mint

1. In a large bowl, combine the lemon zest and juice, coriander, cayenne and 1¼ tsp. salt; whisk in the EVOO.
2. Stir in the carrots, chickpeas, raisins, cashews, chopped cilantro and mint; toss to coat. Let stand for 5 minutes. Top with the cilantro leaves.

Antipasti Bowl

SERVES 8 **PREP** 20 MIN (PLUS STANDING)

2 tbsp. white balsamic vinegar ❑ 2 cloves garlic, chopped ❑ ¾ tsp. oregano ❑ ½ cup EVOO ❑ 10 oz. cremini mushrooms, sliced ❑ 6 oz. broccoli florets, sliced ❑ 6 oz. cauliflower, sliced ❑ 1½ cups halved cherry tomatoes ❑ 5 oz. soppressata, cut into strips ❑ ¼ lb. aged provolone cheese, cut into cubes

1. In a small bowl, combine the vinegar, garlic and oregano; whisk in the EVOO.
2. In a large bowl, combine the mushrooms, broccoli, cauliflower, tomatoes, soppressata and cheese. Add the vinaigrette and toss to coat. Let stand for 30 minutes before serving.

Celery Salad with Blue Cheese

SERVES 4 **PREP** 15 MIN

1 tbsp. apple cider vinegar ❑ 1 tsp. dijon mustard ❑ salt and pepper ❑ ¼ cup EVOO ❑ 1 bunch celery with leaves, ribs sliced ¼ inch thick, leaves reserved ❑ ¾ cup walnuts, coarsely chopped ❑ ¾ cup crumbled blue cheese

1. In a small bowl, combine the vinegar, mustard and ¼ tsp each salt and pepper. Whisk in the EVOO.
2. In a large bowl, combine the celery, 1½ cups celery leaves, the walnuts and blue cheese. Add the dressing and toss to coat.

Bean Sprout-and-Red Radish Salad

SERVES 4 **PREP** 15 MIN

½ cup chunky peanut butter ❑ 5 tbsp. soy sauce ❑ 1½ tbsp. rice vinegar ❑ 1 tbsp. finely chopped fresh ginger ❑ ¼ tsp. crushed red pepper ❑ ½ cup vegetable oil ❑ 4 cups thinly sliced radishes (about 2 large bunches) ❑ 1 lb. mung bean sprouts ❑ 1½ cups cilantro leaves ❑ 1 lime, cut into 5 wedges

1. In a small bowl, whisk together the peanut butter, soy sauce, vinegar, ginger and crushed red pepper; whisk in the oil.
2. In a large bowl, toss together the radishes, bean sprouts and cilantro. Add the peanut vinaigrette and toss. Squeeze a lime wedge over the salad and serve the remaining wedges alongside.

Rainbow Tomatoes and White Beans

SERVES 4 **PREP** 15 MIN (PLUS STANDING)

⅔ cup chopped parsley ❑ 2 tbsp. drained capers, chopped ❑ 2 tsp. red wine vinegar ❑ 1 large clove garlic, finely chopped ❑ salt and pepper ❑ ¼ cup EVOO ❑ 1 lb. multicolored tomatoes (orange, yellow, green, red), cut into thin wedges ❑ 1 can (15 oz.) cannellini beans, rinsed ❑ ¼ cup pine nuts

1. In a large bowl, combine the parsley, capers, vinegar, garlic, ½ tsp. salt and ¼ tsp. pepper; whisk in the EVOO.
2. Add the tomatoes, cannellini beans and pine nuts and toss to coat. Let stand for 10 minutes before serving.

Wilted Greens and Black-Eyed Peas

SERVES 6 **PREP** 20 MIN

1½ tbsp. cider vinegar ❑ salt ❑ ¼ cup EVOO ❑ 1 bunch swiss chard, stems discarded and leaves thinly sliced ❑ 1 bunch beet greens, stems discarded and leaves thinly sliced ❑ 1 can (15 oz.) black-eyed peas, rinsed ❑ 3¼ cups day-old coarsely crumbled cornbread ❑ ¼ lb. smoked ham, chopped ❑ hot sauce

1. In a small bowl, whisk together the vinegar and ¼ tsp. salt; whisk in the EVOO.
2. In a large bowl, sprinkle the chard and beet greens with ½ tsp. salt. Massage the greens with your hands until slightly wilted, about 2 minutes. Stir in the black-eyed peas, cornbread and ham. Add the vinaigrette and season with hot sauce; toss to coat.

Creamy Corn Succotash

SERVES 4 **PREP** 15 MIN

⅔ cup packed fresh basil leaves ❑ 4 scallions, sliced, dark green parts reserved ❑ ⅓ cup plain whole-milk yogurt ❑ 2 tsp. fresh lemon juice ❑ salt ❑ ¼ cup EVOO ❑ 4 ears corn, kernels cut from the cob (about 2 cups) ❑ 3 oz. coarsely chopped sugar snap peas ❑ 1 cup frozen lima beans, thawed ❑ 1 red bell pepper, chopped ❑ 1 orange bell pepper, chopped

1. Using a food processor, puree the basil, scallions (white and light green parts), yogurt, lemon juice and 1¼ tsp. salt. With the machine on, drizzle in the EVOO.
2. In a bowl, mix the corn, sugar snap peas, lima beans and bell peppers. Add the dressing and toss to combine; season with salt. Top with the dark scallion greens.

Kale Caesar

SERVES 6 **PREP** 20 MIN

1 lb. beets, scrubbed and quartered ❑ 3 large carrots ❑ ⅓ cup red wine vinegar ❑ 6 jarred anchovy fillets ❑ 4 large cloves garlic ❑ 1 tbsp. dijon mustard ❑ pepper ❑ ¾ cup EVOO ❑ ½ cup grated parmesan cheese ❑ 1 bunch tuscan kale, stems discarded and leaves cut into ribbons

1. Using a food processor with a grater disk, grate the beets and carrots.
2. In a mini chopper, puree the vinegar, anchovies, garlic and mustard; season with pepper. With the machine on, drizzle in the EVOO. Transfer the dressing to a large bowl and stir in the parmesan. Add all the vegetables and toss to coat.

Radicchio-Fennel Slaw with Nectarines

SERVES 6 **PREP** 20 MIN

¼ cup buttermilk ❑ ¼ cup sour cream ❑ ½ shallot, finely chopped ❑ 1 tsp. white wine vinegar ❑ ½ tsp. honey ❑ salt and pepper ❑ 2 tbsp. EVOO ❑ 1 large fennel bulb with fronds (about 1 lb.) ❑ 1 head radicchio (8 oz.), shredded ❑ 2 nectarines, cut into ½-inch cubes

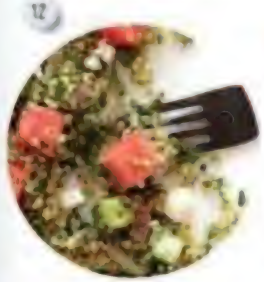
1. In a large bowl, combine the buttermilk, sour cream, shallot, vinegar and honey; season with salt and pepper. Whisk in the EVOO.
2. Trim the fennel tops and chop 3 tbsp. of the leaves; discard the remaining tops. Stir the leaves into the dressing. Cut the bulb in half lengthwise and, using a mandoline, shave into thin slices. Add the fennel, radicchio and nectarines to the dressing; toss to coat.

Pineapple-Hominy-Stuffed Avocados

SERVES 6 **PREP** 20 MIN

3 ripe avocados, halved ❑ 4 tsp. fresh lime juice ❑ 1 tsp. finely chopped chipotle chile in adobo sauce ❑ salt and pepper ❑ 3 tbsp. EVOO ❑ 6 oz. fresh pineapple, coarsely chopped ❑ ½ cup canned hominy, rinsed ❑ 3 tbsp. chopped cilantro ❑ 2 tbsp. finely chopped red onion

1. Scoop out the flesh from the center of each avocado half, leaving ¼-inch perimeter of flesh intact; coarsely chop the scooped-out flesh.
2. In a large bowl, combine the lime juice, chipotle and ½ teaspoon each salt and pepper; whisk in the EVOO. Add the pineapple, hominy, cilantro, onion and chopped avocado. Fill each avocado half with the salad.



Feta-Watermelon Tabbouleh

SERVES 6 **PREP** 1 HR 5 MIN

1 cup quick-cooking (fine) bulgur wheat ❑ 2 tbsp. red wine vinegar ❑ 2 tbsp. fresh lemon juice ❑ salt and pepper ❑ 7 tbsp. EVOO ❑ 1½ cups finely chopped flat-leaf parsley ❑ 8 oz. peeled watermelon, cut into ½-inch cubes ❑ 6 oz. crumbled feta cheese ❑ 5 oz. english cucumber, cut into ½-inch cubes ❑ ½ cup finely chopped red onion ❑ ⅓ cup chopped fresh dill

1. Place the bulgur in a medium bowl. Add enough very hot water to cover. Let soak, covered, for 30 minutes; drain. Repeat. Transfer to a large bowl.
2. In a small bowl, combine the vinegar and lemon juice; season with salt and pepper. Whisk in the EVOO. Toss the dressing with the bulgur. Add the parsley, watermelon, feta, cucumber, onion and dill; season with salt and pepper. Toss to combine.

Melon and Prosciutto

SERVES 4 **PREP** 20 MIN

2 lemons, juiced, plus 3 tsp. zest ❑ 2 tsp. honey ❑ salt and pepper ❑ 6 tbsp. EVOO ❑ 6 oz. sliced prosciutto ❑ ½ cantaloupe, peeled and cut into 1-inch wedges ❑ ½ honeydew melon, peeled and cut into 1-inch wedges ❑ 15 mint leaves, torn

1. In a small bowl, combine the lemon juice and zest, honey and ¼ tsp. each salt and pepper; whisk in the EVOO.
2. Drape the prosciutto onto each melon slice and drizzle with the lemon vinaigrette. Sprinkle the mint leaves on top and season with a pinch salt.

Red Plum-and-Napa Cabbage Slaw

SERVES 6 **PREP** 15 MIN

3 tbsp. rice vinegar ❑ 1 tbsp. soy sauce ❑ 2 tsp. grated fresh ginger ❑ 3 tbsp. sesame oil ❑ 1 lb. napa cabbage, thinly sliced ❑ 2 large plums, cut into matchsticks ❑ 6 scallions, sliced ❑ salt and pepper ❑ 1 cup mini wasabi-flavored rice crackers

1. In a large bowl, combine the vinegar, soy sauce and ginger; whisk in the sesame oil.
2. Add the cabbage, plums and scallions and toss to coat; season with salt and pepper. Just before serving, top with the rice crackers.

Couscous with Pistachios and Orange

SERVES 6 **PREP** 15 MIN

1¾ cups couscous ❑ 4 oranges ❑ 1½ tbsp. sherry vinegar ❑ ¾ tsp. ground cumin ❑ ¾ tsp. ground cinnamon ❑ 1 pinch ground allspice ❑ ⅓ cup EVOO ❑ ¾ cup coarsely chopped pistachios ❑ ¼ cup chopped fresh mint ❑ 4 scallions, thinly sliced ❑ salt and pepper

1. In a medium bowl, combine the couscous with 1¾ cups very hot water. Cover and let stand for 15 minutes.
2. Meanwhile, cut the rinds from the oranges. Working over a large bowl, cut the segments between the membranes and let the fruit fall into the bowl. Squeeze any remaining juice into a small bowl; stir in the vinegar, cumin, cinnamon and allspice. Whisk in the EVOO.
3. Add the couscous, pistachios, mint and scallions to the oranges. Stir in the vinaigrette and season.

Spicy Cucumber-and-Blueberry Salad

SERVES 6 **PREP** 20 MIN

2 lbs. english cucumbers, halved lengthwise ❑ salt ❑ 1 large jalapeño chile, seeds and ribs discarded, finely chopped ❑ 4 tsp. fresh lime juice ❑ 1 clove garlic, finely chopped ❑ ¼ tsp. ground cumin ❑ ¼ cup EVOO ❑ 1½ pt. blueberries ❑ 1 cup cilantro leaves

1. Using a handheld slicer, slice the cucumbers into half-moons about ⅛ inch thick; season with salt.
2. In a large bowl, combine the jalapeño, lime juice, garlic and cumin; whisk in the EVOO. Add the cucumbers, blueberries and cilantro and toss to coat.

Be vibrant

Italian Pork Kabobs
with Summer Vegetables

INGREDIENTS

- 1 ½ lbs. boneless pork loin roast, trimmed, cut into 1-inch cubes
- 2 tbsp. red wine vinegar
- 1 ½ tsp. kosher salt
- ½ tsp. hot red pepper flakes, to taste
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. chopped fresh basil or 1 tsp. dried basil
- 1 tbsp. chopped fresh oregano or 1 tsp. dried oregano
- 2 garlic cloves, chopped
- 2 small zucchini, trimmed and cut crosswise into rounds
- 2 large bell peppers, seeded and cut into 1-inch squares

DIRECTIONS

Prepare outdoor grill for direct medium-hot grilling. Gas: preheat grill on high. Adjust temperature to 400°F. Charcoal: build fire and burn until coals are covered with white ash. Spread coals and burn for 15-20 minutes.

Whisk vinegar, 1 tsp. salt and hot red pepper in large bowl. Whisk in oil. Add basil, oregano and garlic. Add pork loin and toss to coat. Spread zucchini and bell peppers on top of pork, season with remaining ½ tsp. salt; let stand 5 minutes. Stir to coat with marinade. Do not marinate longer than 15 minutes. Skewer pork, zucchini and bell peppers, alternating ingredients, onto 6 metal kabob skewers.

Lightly oil cooking grate. Place kabobs on grill and cover grill. Cook, turning occasionally, for about 10-12 minutes or until pork is browned. Let stand for 3 minutes; serve.

Serves 6

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11 | PINEAPPLE-HOMINY-STUFFED AVOCADOS

12 | FETA-WATERMELON TABBOULEH

13 | MELON AND PROSCIUTTO

14 | RED PLUM-AND-NAPA CABBAGE SLAW

15 | COUSCOUS WITH PISTACHIOS AND ORANGE

16 | SPICY CUCUMBER-AND-BLUEBERRY SALAD

FOOD STYLING: SUSAN SPUNGEN; PROP STYLING: BY MATTHEW BERSON

the grill & the sandwich: A LOVE STORY

THE MEAT, THE BREAD, THE SUCCULENT SAUCE: WE FOUND THE PERFECT MARRIAGE OF FLAVORS FOR BEEF, CHICKEN, PORK AND MORE.

RECIPES BY TRACEY SEAMAN | PHOTOGRAPHY BY HANS GISSINGER

Bacon-Burger Melts

SERVES 4 **PREP** 20 MIN **GRILL** 10 MIN

This one's for all you devotees of American diner flavors: grilled cheese sandwich meets traditional burger.

- 8 oz. bacon, cooked until crisp, coarsely chopped
- 1 lb. (85% lean) ground beef chuck
- Salt and pepper
- 4 potato or brioche buns (4-inch)
- ¼ cup mayonnaise
- ¼ cup ketchup
- 5 oz. sliced sharp yellow cheddar or American cheese
- 1 large tomato, thinly sliced
- 2 cups baby romaine leaves

1. Preheat a grill to medium. Place the bacon in a large bowl, crumble the beef on top and season with salt and plenty of pepper; toss well. Shape the meat mixture into four 3½- to 4-inch patties.

2. Using a serrated knife, trim the bun tops and bottoms so they will sit flat on the grill. Spread the mayo and ketchup on the insides of both halves; divide the cheese among the bottoms; cover with the tops.

3. Place the patties and cheese-filled buns on the grill, with the buns over a cooler area; cover the grill and cook for 2 minutes. Flip the patties and buns, cover and cook until the patties are medium, both sides of the buns are toasted and the cheese is melted, about 2 minutes. Transfer the buns to plates and open carefully. Place a patty, a tomato slice and some lettuce on each bun bottom; replace the bun tops.

PAIR THEM WITH...
Beer: *a full-flavored lager, such as Samuel Adams Boston Lager.*
Wine: *a California zinfandel or other heavy red.*

FOOD STYLING BY JAMIE KIMM; PROP STYLING BY LAURA DOTOLO FOR HALLEY RESOURCES

Chicken Delight Sliders

SERVES 4
PREP 40 MIN (PLUS MARINATING)
GRILL 10 MIN

The sweet (whole grain rolls and bell peppers) and the sassy (a tangy cabbage-scallion slaw) interlace in this chicken breast sandwich.

- 3 large skinless, boneless chicken breast halves (about 8 oz. each)
- ¾ cup EVOO
- 3 tbsp. dijon mustard
- 2½ tbsp. cider vinegar
- 2 tsp. chopped fresh or 1 tsp. dried thyme
- Salt and pepper
- 1 tbsp. light brown sugar
- 4 cups shredded savoy cabbage (about ¼ head)
- 2 bell peppers (preferably red and yellow), thinly sliced
- 1 bunch scallions, thinly sliced
- 8 whole wheat potato slider rolls (2- to 3-inch), split
- Softened butter, for rolls

1. Slice each chicken breast on the diagonal against the grain into four or five ½-inch-thick medallions. In a medium bowl, whisk together 2 tbsp. EVOO, 2 tbsp. mustard, 1½ tbsp. vinegar, 1 tbsp. water, the thyme and ¼ tsp. each salt and pepper. Add the chicken pieces, turning to coat. Cover and refrigerate for at least 1 hour and up to 24 hours.
2. At least 30 minutes before cooking the chicken, make the slaw. In a large bowl, whisk together the remaining 2 tbsp. EVOO, 1 tbsp. mustard, 1 tbsp. vinegar and the brown sugar until blended. Add the cabbage, bell peppers and scallions and toss well. Season to taste with salt and pepper.
3. Preheat a grill to medium. Lightly spread the cut sides of the rolls with butter. Grill, buttered side down, until lightly toasted, 1 to 2 minutes. Transfer to plates or a platter.
4. Add the chicken to the grill, cover and cook, turning once, until lightly charred on both sides and just cooked through, about 5 minutes. Transfer the chicken pieces to the roll bottoms, top with the slaw and cover with the roll tops.

PAIR THEM WITH...
Beer: *a crisp wheat brew, such as Blue Moon Belgian White Ale.*
Wine: *a bright, fresh-tasting white, such as a New Zealand sauvignon blanc.*

Goin' Fishin' Stacks

SERVES 4 **PREP** 25 MIN **GRILL** 5 MIN

Check out the crunch: Crisp potato chips are the surprise in this sandwich!

- 1 *lemon, cut into 8 wedges*
- 1 *red onion, thinly sliced into rings*
- ¼ *cup greek-style yogurt*
- ¼ *cup mayonnaise*
- 1 *english cucumber or 3 kirby cucumbers (about 9 oz. total), peeled and thinly sliced*
- *Salt and pepper*
- 4 *thin, skin-on wild sockeye salmon fillets (6 oz. each)*
- 2 *tbsp. EVOO*
- 4 *soft sesame seed buns, split*
- 2 *cups salted potato chips*

1. Preheat a grill to medium. In a medium bowl, squeeze 2 lemon wedges over the onion and toss well.
2. In a large bowl, whisk together the yogurt, 2 tbsp. mayonnaise and the juice from 2 more lemon wedges. Add the cucumber and ¼ tsp. each salt and pepper and toss.
3. Rub the salmon on both sides with the EVOO and season lightly with salt and pepper. Add the salmon to the grill skin side down; cover and cook, without turning, until opaque on the edges and moisture appears on the surface, about 4 minutes. Lift the salmon off the grill (leaving the skin behind) and transfer to a plate.
4. Meanwhile, place the open buns on plates. Spoon half of the cucumber mixture onto the bun bottoms. Top each with a salmon fillet, some remaining cucumber mixture, some onion and some chips. Spread the remaining 2 tbsp. mayonnaise on the bun tops and place on the sandwiches. Serve with the remaining lemon wedges.

PAIR THEM WITH...
Beer: *a slightly hoppy pilsner, such as Beck's.*
Wine: *a light red, such as an Oregon pinot noir.*

Steak 'Em Up Pitas

SERVES 4 **PREP** 15 MIN **GRILL** 15 MIN

The brazen kiss of horseradish wakes up a gorgeous filet mignon draped in sweet grilled onions.

- ¾ cup 2% greek-style yogurt
- 2 tbsp. mayonnaise
- 2 tbsp. prepared horseradish, drained
- 1 clove garlic, finely chopped
- EVOO, for brushing
- 2 onions, cut into ½-inch-thick slices, rings left intact
- Salt and pepper
- 1½ lbs. filet mignon, cut crosswise into 4 even pieces
- 4 plain pitas
- 1 bunch spinach—stemmed, thoroughly washed and dried

1. Preheat a grill to medium. In a small bowl, mix together the yogurt, mayonnaise, horseradish and garlic.
2. Lightly brush EVOO on the onions. Place them, rings intact, on the grill (if you have a grill topper, use it here). Season with salt and pepper, cover the grill and cook, carefully turning once, until softened and lightly charred, about 5 minutes; transfer to a bowl.
3. Pat the beef dry and brush with EVOO; season with salt and pepper. Grill for 2 to 3 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes before thinly slicing crosswise.
4. Grill the pitas, turning once, until just warmed through but not crisp, about 1 minute. Slice off the top third of each pita and spread the insides with 2 generous tsp. of horseradish sauce, then stuff with the spinach, sliced meat and grilled onions. Finish with a dollop of the remaining sauce and serve immediately.

TAKE THESE TO GO!

OUR SAMMIES ARE EASY TO GRILL AND ASSEMBLE AT THE PARK OR BEACH—JUST PACK THE COMPONENTS SEPARATELY IN A COOLER UP TO ONE DAY AHEAD.

1. Follow the recipe directions for readying the meat, fish, poultry or veggie burgers for the grill (forming patties, if any). Place in a covered plastic container, separating patties with wax paper.
2. Store cheese, condiments and other ingredients in separate plastic containers.
3. Refrigerate these items until you're ready to transport them in a cooler with a cold pack. Pack the rolls and buns in the cooler or separately.

PAIR THEM WITH...
Beer: *a robust ale, such as Newcastle Brown Ale.*
Wine: *a hearty, ink-dark red, such as Argentinean malbec.*

Reuben Cubans

SERVES 4 **PREP** 15 MIN **GRILL** 15 MIN

We think you'll make this sandwich a regular date. The classic reuben (meat and melted cheese on rye) marries the cuban (a pork, cheese and pickle combo).

- 3 tbsp. mayonnaise
- 3 tbsp. dijon mustard
- 3 tbsp. chopped dill pickle
- 1½ tbsp. chopped pickled jalapeño chile
- 8 slices rye bread (about 4 inches wide) with caraway seeds
- 1¼ lbs. ground pork
- Salt and pepper
- 6 oz. imported swiss cheese, shredded
- 8 thin slices canadian bacon (4 oz.)
- EVOO, for brushing

1. Preheat a grill to medium. In a small bowl, mix together the mayonnaise, mustard, pickle and jalapeño. Spread the mustard mixture on all of the bread slices.

2. Shape the pork into four 4-inch patties, making them slightly oval to fit the bread; season with salt and pepper. Grill uncovered until the edges are no longer pink, about 3 minutes. Flip, top with half of the cheese and cook for 3 minutes more. Meanwhile, grill the canadian bacon (on a grill topper if you have one) until lightly charred, 1 to 2 minutes per side.

3. Transfer the patties to 4 bread slices. Top with the canadian bacon and remaining cheese; cover with the remaining bread slices, mustard side down. Lightly oil the grill. Transfer the sandwiches to the grill, cover and cook until the bottom bread slices are toasted, about 3 minutes. Brush the sandwich tops with a little EVOO, flip and grill until the second sides are toasted.

PAIR THEM WITH...

Beer: *the hoppy snap of an india pale ale, such as Sierra Nevada, or, for those who don't like the slight bitterness of hops, Bass Pale Ale.*
Wine: *a fruity California riesling.*

Veg-Out Sammies

SERVES 4
PREP 45 MIN (PLUS SOAKING)
GRILL 5 MIN

Even guys in muscle shirts will love these.

- 1 cup raw (skin-on) almonds
- ⅔ cup red quinoa
- 2 tbsp. EVOO, plus more for grill
- 1 tbsp. fresh lemon juice
- 1 small clove garlic, peeled
- Salt and pepper
- 1 red onion, finely chopped
- 4 oz. white mushrooms, chopped
- 1 can (16 oz.) pinto beans drained well (do not rinse)
- ⅓ cup crispy brown rice cereal
- ¼ cup hulled sunflower seeds
- 2 tbsp. ketchup
- 8 slices 7-grain sandwich bread
- 4 large slices tomato
- 1 cup alfalfa sprouts

1. Soak the almonds in 1 cup water for 1 hour at room temperature.
2. Meanwhile, in a small saucepan, bring the quinoa and 1 cup water to a boil. Cover, reduce the heat to very low and cook until tender, about 15 minutes. Let cool in the pan uncovered, stirring occasionally. Transfer to a large bowl.
3. Drain the almonds, reserving the soaking liquid. Using a food processor, grind the almonds with 1 tbsp. EVOO, the lemon juice, garlic, ¾ tsp. salt and ¼ tsp. pepper. With the machine on, pour in ¾ cup of the reserved soaking liquid and process until smooth; season to taste.
4. In a medium skillet, heat 1 tbsp. EVOO over medium-high heat. Add the onion and cook, stirring, until caramelized, about 5 minutes. Add the mushrooms, reduce the heat to medium and cook until browned, about 5 minutes.
5. Stir the onion-mushroom mixture into the quinoa. Add the beans and mash the mixture with your hands until most of the beans are broken down. Stir in the cereal, sunflower seeds and ketchup; season with salt and pepper. Shape the mixture into four 4-inch patties.
6. Preheat a well-oiled grill to medium. Grill the burgers, carefully turning once, until crusted on both sides, about 5 minutes.
7. Slather all of the bread slices with the almond sauce. Place a veggie burger on top of 4 of the slices. Top with the tomato, sprouts and remaining bread slices.

PAIR THEM WITH...
Beer: *a crisp, dry ale, such as Magic Hat #9.*
Wine: *a hearty red, such as an Australian cabernet-shiraz blend.*

Go Fourth

How about a revolution against the basic backyard barbecue? Get fired up with our four-step plan: We've got enough ideas on games, drinks and decor (plus dessert!) to make your July 4th party hotter than a firecracker. Or, take the celebration on the road and check out one of the country's coolest Independence Day events.

PREP AHEAD

2 DAYS IN ADVANCE:

- ★ Fill and freeze balloons
- ★ Buy fireworks and/or games
- ★ Make decorations

1 DAY IN ADVANCE:

- ★ Shop for groceries and alcohol
- ★ Make ice float for punch
- ★ Print copies of Declaration of Independence

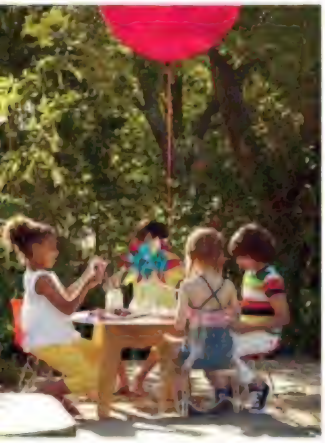
DAY OF:

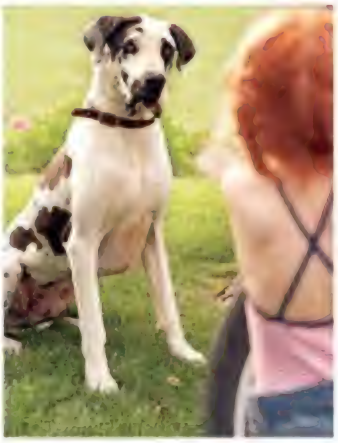
- ★ Make desserts
- ★ Set up croquet
- ★ Wrap door prizes

FOOD STYLING BY RICH [illegible] PROP STYLING BY [illegible] WARDROBE STYLING BY VANESSA SPICHAL; HAIR AND MAKEUP BY [illegible] COM AND MARK KUMER, HEADS UP PHOTOGRAPHY BY BURCU AVSAR

E Party

BY TAMARA REYNOLDS
PHOTOGRAPHY BY MIKE NEWLING





ACT

1

MAKE IT FUN FOR ALL!

Gear up for a day of games and the most awesome historical document ever.

FROZEN BALLOONS In the yard (or pool, if you have one), give guests balloons that have been filled with water and frozen, one with a coin inside. Whoever melts theirs fastest gets a door prize, and whoever has the coin wins something else. (As for the prizes, this is an instance where regifting is acceptable.)

CROQUET Chances are, if you don't own a set of croquet mallets and balls, someone on your block does. If not, they're a steal at sporting goods stores. (Bonus: If the kids display any expertise, you'll learn you may have future golf pros in the family!) Write directives like "Do the twist for 10 seconds!" or "Name the first five U.S. presidents!" on paper tabs and tape one on each croquet hoop. The last one to get the ball through the hoop has to perform the action.

SACK RACES These are thought to have originated in England (just like us!), making July 4th a perfect excuse for staging them. Break out old pillowcases, using king-size cases for adults and standard ones for kids, or buy burlap sacks at daybagoutlet.com.

Corny? No, cool!

ROLE-PLAY OUR BREAKUP WITH ENGLAND

Who says education isn't enjoyable? Entertain yourself and your guests with a group reading of the Declaration of Independence. Seriously! If you haven't looked at it since high school, you might be surprised to discover that it's basically the best breakup letter *ever*: The laundry list of grievances against King George—capped off with a stern explanation about how the founding fathers tried to make it work but must absolve their loyalty to the British crown—really hammers it home. Download transcripts of the momentous document at archives.gov, then divide sections and the "facts" portion (those aforementioned grievances) among readers. Encourage everyone to attempt a British accent and, if you really want to put on a show, have old-fashioned white wigs at the ready.

Add Pomp and Circumstance

You might find your ham-it-up instincts get turned up after a few cocktails. Have the kids introduce each reader by waving sparklers.

ACT

2

EMBRACE THE SPARKLE

Fireworks are fun for everyone, but we found plenty of other ways to shine, day or night.

BUBBLY DRINKS Punch up your punch bowl with sparkling ingredients (alcoholic and non-), and serve sweet-spicy refreshments that put the "fire" in "fireworks." Try:

Michelada: *beer, lime juice, worcestershire sauce, hot sauce*
Champagne Cocktail: *sparkling wine, sugar cube, dash of bitters*
Sweet and Tart: *cava, pomegranate juice, dash of superfine sugar, lemon peel*
Lime-Pomegranate Cooler: *limeade, pomegranate juice, seltzer, fresh mint leaves*

FREEZE THE FLAVOR Fill a medium metal bowl halfway with water, then drop in several thin slices of lime. Freeze for 4 hours. When it's frozen, add more lime slices, fill to the top with more water and refreeze. To unmold right before serving, run the bowl upside down under warm water. This lime ice will keep your punch bowl of Lime-Pomegranate Cooler chilly all night without watering down the drink.

NIGHTTIME SHINE Help the kids catch fireflies in jars, and gather everyone else for a bit of star spotting. Get whoever actually paid attention in astronomy class to teach your guests about the constellations (where is that Big Dipper, anyway?), and connect other stars into "constellations" that you name yourselves.

ACT

3

MAKE DECORATIONS OF INDEPENDENCE

Let your American flag fly without looking like every other party on the block.

PLAY WITH RIBBONS Upgrade standard paper lanterns with this idea from Hostess with the Mostess founder Jennifer Sbranti: Hot-glue five lengths of ribbon vertically from the top opening of the lantern to the bottom opening, letting excess ribbon hang down 1 to 2 inches. (Tacky or fabric glue can work, too.) Sbranti also loves tying ribbons around plastic straws or napkins. For a fun twist on that idea, braid ribbons first, using two red and one white ribbon on some, and two blue ribbons and one white on the others.

MAKE THAT CENTERPIECE SHINE Fill large glass bowls or cylindrical vases with blue and red pebbles and white rocks, Sbranti says. After sunset, drop in battery-operated LED lights.

GET THE KIDS INVOLVED Another of Sbranti's favorite low-fuss ideas? Twist metallic pipe cleaners (chenille stems, technically) together to create faux sparklers. The kids will love to help out!

DECORATE WITH DRINKS Liquefy your color scheme: Round out cocktails with a spread of color-coded beverages like red fruit punch, coconut water, and lemonade mixed with pureed, strained blackberries.

A SIMPLE FIREWORKS PRIMER

Fireworks are available legally in many states (check with your local police department to find out what's allowed where you are). You don't have to be a pro to use what's described here; just be sure you've got water on hand and that all children—tykes to teens—are adequately supervised. Then let the fun begin!

Sparklers Pass out these sticks with colored sparkles on the ends to both youngsters and adults.

Firecrackers Kids love the loud "pop" sound—bury the firecrackers in dirt or sand for a mini explosion.

Fountains These tubes sit on the ground and fire "fountains" of sparkles. They can shoot for a couple of minutes at a time and go as high as about 10 feet.

Roman Candles They're similar to fountains, but shoot higher, longer and in multiple bursts. Only go for these if you've got a lot of open space.

Pinwheels Plant these in the ground, light them, then watch 'em spin and shoot sparkles.

Bottle Rockets Save these for treeless areas—their flight patterns can be unpredictable.

ILLUSTRATION BY ZOE MORE O'FERRALL

ACT

4

END ON A SWEET NOTE

Whip up a sweet spread that's as American as—well, you know.

A WARM AND GOOEY TREAT Use the grill or campfire's last embers to toast marshmallows. If you have chocolate lying around, melt it with a little heavy cream for dipping. **Hot Tip:** To mix sweet and savory, use fresh rosemary sprigs for skewers and put a tiny bit of kosher salt in your melted chocolate.

RED, WHITE AND BLUE DESSERT Serve cherry or raspberry gelatin made with balls of cream cheese and fresh blueberries (get it?), which will suspend in the gelatin for a burst of flavor in every bite.

STONE (FRUIT) SIMPLE Grill peaches or plums and top with a little whipped cream; if you're feeling decadent, drizzle with dark rum or amaretto.

SOPHISTICATED SLUSHIE Serve your favorite sorbet in a champagne flute with a splash of sparkling wine and fresh basil or mint.

Happy Birthd

1 THE FIRST FIREWORKS!
Juneau, AK

Alaska may have been the second-to-last state to join the union, but Alaskans get out of the gate first on July 4. To work around their summer schedule (18 hours of sunlight a day), the town sends up its fireworks at 12:01 a.m. in order to guarantee dark skies. Each shot booms off the dramatic coastal mountains and reflects off the surrounding water. The morning ushers in a parade of marching bands belting out patriotic favorites alongside kids riding bikes with playing-card-adorned spokes.

★ *Reader deal:* View the fireworks from the roof deck Jacuzzi at the Silverbow Inn, where do-not-disturb signs featuring a pinup girl hang on the doors of 11 quirkily decorated rooms. Red, white and blue bagels will be served for breakfast. Mention *Every Day* for 10 percent off room rates from July 1 to July 4. *(120 Second St., 800-586-4146, silverbowinn.com; doubles from $189 before discount)*

2 THE OLDEST CELEBRATION!
Bristol, RI

Locals refer to Bristol as America's Most Patriotic Town, and you might, too, after a visit to their 226th Fourth of July celebration, the longest continuously running in the country. Join more than 100,000 people (tripling the town's size) for a parade that includes bagpipers, firefighters and winners of the Little Miss Fourth of July contest. The day ends with a fireworks display over Bristol Harbor. To cover the price tag, locals hold fundraisers throughout the year—a formal ball and a grilled cheese cook-off, both good excuses to return.

★ *Reader deal:* You'll have the best view of the fireworks from the deck of the Bristol Harbor Inn, one block from the parade. Mention *Every Day* and get 15 percent off rates through July, a bottle of sparkling wine and a $50 gift card for hotel restaurant DeWolf Tavern. *(259 Thames St., 866-254-1444, bristolharborinn.com; doubles from $185 before discount, includes breakfast)*

3 A UFO FESTIVAL!
Roswell, NM

Did the famous otherworldly wreckage found in this town come from a weather balloon or a flying saucer? If you said the latter, you'll fit right in at the UFO Fest *(July 1-4, ufofestivalroswell.com)*. Alongside fellow believers, you can join the Alien Barbecue and Brew competition; an alien costume contest and parade; and the Alien Chase, a 5K and 10K run. Between events, take in a lecture by an abduction expert at the International UFO Museum and Research Center *(roswellufomuseum.com; $5 adult admission, $2 lecture)*.

★ *Reader deal:* The handmade quilts and lace curtains in the 11-room Artesia Heritage Inn, 45 minutes from Roswell, will bring you pleasantly back down to earth. Mention *Every Day* when booking and take 10 percent off room rates. *(209 W. Main St., Artesia, 575-748-2552, artesiaheritageinn.com; doubles from $104 before discount, includes breakfast)*

4 A PORK-FILLED PICNIC!
San Juan Island, WA

This island off the coast of Washington State almost wasn't part of the United States at all. In 1859, when the island's sovereignty was being debated, a man on San Juan Island killed a pig he found in his potato patch. Incredibly, this sparked a standoff between the British and island residents, which lasted for 12 years and was dubbed the Pig War. Every Fourth of July, 2,000-plus revelers celebrate with a Pig War Picnic at the San Juan Historical Museum *($5, sjmuseum.org)*. What's for lunch? Pulled pork sandwiches, of course.

★ *Reader deal:* Friday Harbor House delivers luxe touches like soft sheets and jetted tubs, all on the water's edge overlooking the fireworks. Mention *Every Day* and get 10 percent off room rates, plus a $50 dining credit. *(130 West St., 866-727-7358, fridayharborhouse.com; doubles from $285 before discount, includes breakfast)*

day America

BY KAREN CATCHPOLE

5 | A PARADE ON THE RUN!

Atlanta

Was that George Washington whizzing by? The Peachtree Road Race attracts more than 60,000 runners, the largest number of any 10K in the world, with many dressed as patriots. First place gets you $15,000—incentive to sign up *(peachtreeroadrace.org)* and start training. After the big race, the city explodes in celebration, with face painting, live music, a laser show superimposed on Stone Mountain, and the Southeast's largest fireworks spectacle (4,000-plus explosions over 30 minutes).

PEACHTREE ROAD RACE, JAMES REYNOLDS PHOTOGRAPHY

★ *Reader deal:* You'll want to stay and eat at the Westin Peachtree Plaza. Book a table at the restaurant for 360-degree views of the fireworks from more than 70 floors up. Readers take 25 percent off room rates, plus get breakfast for two (a $52 value). *(210 Peachtree St., 404-659-1400, westinpeachtreeplazaatlanta.com/everyday; doubles from $210 before discount)*

6 | A WINE-AND-DINE TRAIN!

Napa, CA

The best place to watch the fireworks in bucolic Napa Valley is from a velveteen armchair onboard the Napa Valley Wine Train *(from $109, winetrain.com)*. As dusk falls, an elegant vintage railway car will carry you from Napa to Yountville, where it stops for stunning fireworks and a four-course dinner (such as seared foie gras and achiote pork tenderloin, paired with local wines). Dessert (like chocolate tiramisu truffles) is served as the train heads back to Napa.

★ *Reader deal:* Keep the locomotive theme going at the Napa Valley Railway Inn, where rooms are housed in restored 100-year-old train cars. Readers take 10 percent off the rate midweek in July (including July 4) and receive a wine-tasting voucher. *(6523 Washington St., Yountville, 707-944-2000, napavalleyrailwayinn.com; doubles from $155 before discount)*

7 | FREE ICE CREAM!

Savannah, GA

You don't have to scream for it, but you do have to recite the Pledge of Allegiance (by heart) and be 12 or younger to earn a free ice cream cone in July at Leopold's Ice Cream *(212 E. Broughton St., 912-234-4442)*. Try fan favorite Tutti Fruiti: rum ice cream with candied cherries, pineapples and Georgia pecans. Owner Stratton Leopold started the "I Pledge" Project right here in town *(ipledgeforicecream.com)*, and now a dozen ice cream shops around the U.S. have joined. Save room for the ice-cream-eating contest, one of Savannah's July 4th rituals.

★ *Reader deal:* The Olde Harbour Inn is housed in a former warehouse on the banks of the Savannah River, the perfect spot to watch the fireworks. Ask for the *Every Day* discount, good from July 1 to July 5, to take 15 percent off your room rate. *(508 E. Factors Walk, 800-553-6533, oldeharbourinn.com; doubles from $185 before discount, includes breakfast)*

8 | A MIDWEST RIBFEST!

Naperville, IL

"Ribs are the backbones of Americana," say the organizers of Ribfest *(July 1–4, ribfest.net; $12 per adult per day)*, and we couldn't agree more. Seventeen competitive, rib-cookin' chefs from across the country baste their butts off to win the spot of prime pitmaster. Your job is easier: Just bring some cash so you can taste your share of the 100,000-plus pounds of barbecue sold every year. Work it off by dancing to live music courtesy of classic rock bands Styx and REO Speedwagon.

★ *Reader deal:* The 144-room Hotel Arista provides pillow menus and Wiis, plus shuttle service to the festival. Oh, and Sammy Hagar stayed here when he performed at Ribfest last year. Mention *Every Day* and you'll get a $99 room rate during the fest—that's a $60-per-night savings! *(2139 Citygate Lane, 630-579-4100, hotelarista.com; doubles from $160 before discount)*

DIAL UP THE DEALS!
Get these hotel deals sent to your phone. Download the free mobile app at gettag.mobi and use it to snap this bar code.

YOU CAN'T BUY THESE BABIES OFF THE ICE CREAM TRUCK. MADE WITH REAL FRUITS AND NATURAL FLAVORS, OUR ICE POPS ARE ONE WICKED WAY TO KICK THE HEAT. BY VIVIAN JAO

FOOD STYLING BY JANIE SIMM

PHOTOGRAPHY BY DAN SAELINGER

CHOCOLATE-DIPPED STRAWBERRY

Bite the hard chocolate shell to find a smooth and creamy-rich berry pop.

GREEN APPLE

Replacing wooden handles with cinnamon sticks adds a spicy whiff to every lick.

PEACH ICED TEA

Try out this lemony treat that's heavy on summer sugar.

CARAMEL CORN

Here's an amazing flavor combo: custardy corn ice cream—yes, corn—hiding a caramel-candy center.

POP STUFF

BUY Use an ice-pop set that includes ten 3-oz. molds. Buy backup sticks at grocery or craft stores.

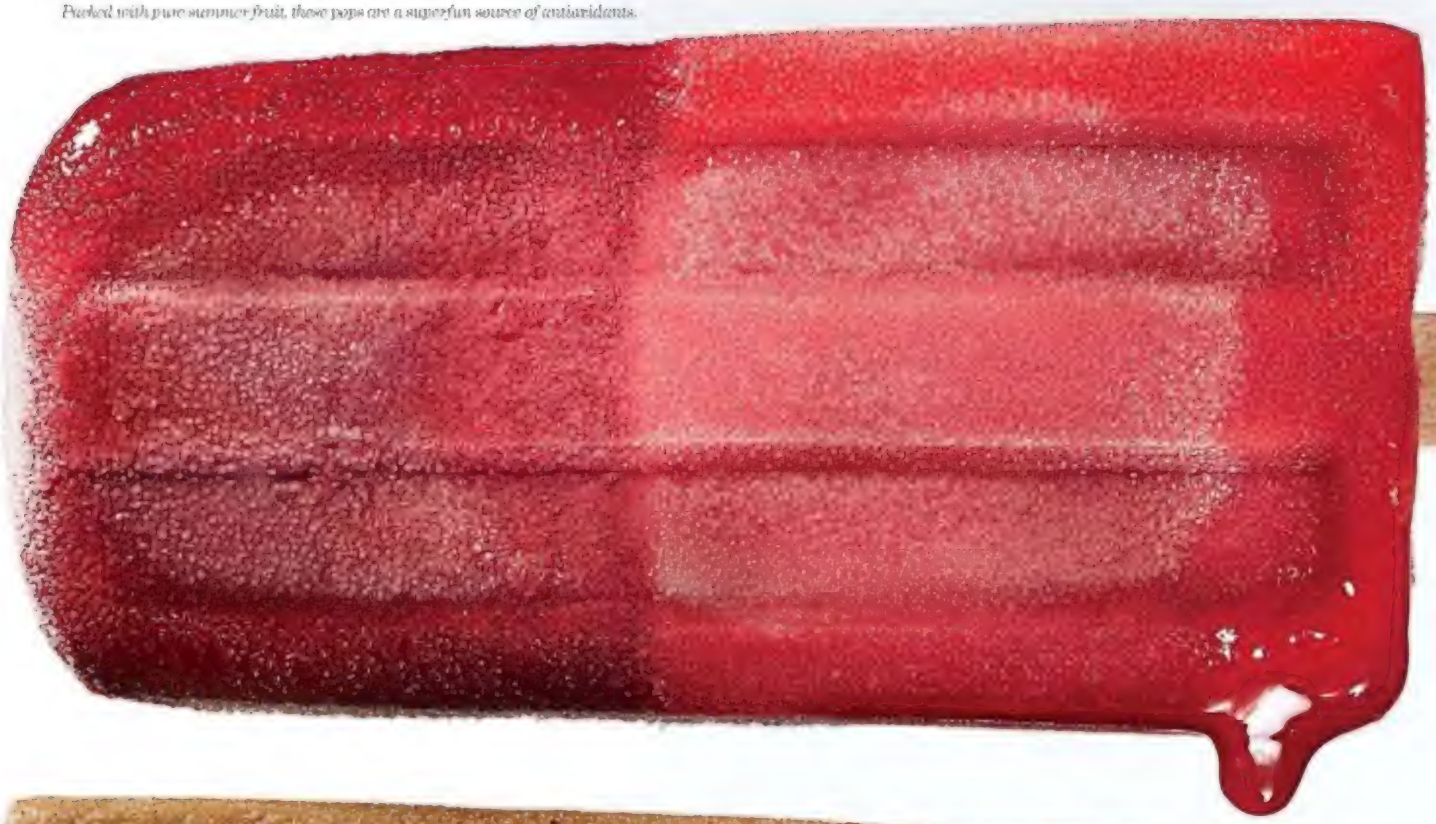
STORE Frozen pops stay fresh and tasty in their molds for up to two weeks.

SERVE Run warm water over the molds to loosen pops; serve immediately.

PARTY TRICK Slide a paper coaster "bib" up the stick to catch drips.

DOUBLE BERRY

Packed with pure summer fruit, these pops are a superfun source of antioxidants.



CAPPUCCINO

This bitter and sweet frozen espresso treat mimics our favorite cup of coffee—down to its caffeine jolt!

Chocolate-Dipped Strawberry

MAKES 10 **PREP** 30 MIN (PLUS COOLING AND FREEZING) **COOK** 5 MIN

- ½ *cup sugar*
- 10 *oz. strawberries*
- 1 *cup full-fat greek yogurt*
- 1 *tbsp. fresh lemon juice*
- 1 *pinch salt*
- 1 *bottle (7.25 oz.) quick-hardening chocolate topping, such as Smucker's Magic Shell*
- ⅓ *cup sliced almonds, toasted*

1. In a small pot, bring the sugar and ½ cup water to a boil; lower the heat and simmer until the sugar is dissolved, about 5 minutes. Let cool.
2. Using a food processor, puree the sugar syrup, strawberries, yogurt, lemon juice and salt. Strain through a fine-mesh strainer set over a bowl; discard the seeds.
3. Divide the mixture among the molds, insert the ice-pop sticks and freeze until solid, about 5 hours.
4. Place the chocolate topping in a deep, wide cup. Remove the pops by running warm water over the molds. Working with 1 at a time, keeping the remaining pops frozen, dip into the chocolate to coat the top two-thirds. Let harden slightly; dip again. While still wet, sprinkle the pops with the almonds.

Green Apple

MAKES 10 **PREP** 25 MIN (PLUS COOLING AND FREEZING) **COOK** 5 MIN

- 3 *large granny smith apples, cored and thinly sliced*
- 1 *lime, zested, plus 1 tbsp. lime juice*
- ¾ *cup sugar*
- 10 *cinnamon sticks (6-inch)*

1. In a resealable plastic bag, toss the apples with the lime zest, lime juice and 2 tsp. water. Freeze until solid, about 8 hours.
2. In a small saucepan, bring the sugar and 2 cups water to a boil. Lower the heat and simmer until the sugar is dissolved, about 5 minutes; let cool.
3. Transfer half of the sugar syrup to a blender. Working with a handful of frozen apples at a time and continuing until half of the apples have been added, puree the mixture. Strain and press through a fine-mesh strainer set over a bowl. Repeat with the remaining syrup and apples.
4. Immediately divide the mixture among the molds and freeze until partially frozen, about 1 hour. Insert the cinnamon sticks and freeze until solid, about 5 hours. Run warm water over the molds to remove the pops.

Peach Iced Tea

MAKES 10 **PREP** 10 MIN (PLUS COOLING AND FREEZING) **COOK** 5 MIN

- ½ *cup sugar*
- 3 *bags english breakfast tea*
- 2 *large sprigs mint*
- ¾ *cup peach nectar, chilled*
- ½ *cup drained canned peaches, cut into ½-inch pieces, chilled*

1. In a saucepan, bring the sugar and 2 cups water to a boil. Lower the heat and simmer until the sugar is dissolved, 5 minutes; remove from the heat. Add the tea bags and mint; let steep for 10 minutes. Discard the tea bags and mint. Stir in the peach nectar.
2. Divide the mixture and the peaches among the molds, using a small knife to arrange the fruit in the liquid. Freeze until partially frozen, about 1 hour. Redistribute the chopped peaches to suspend them, if necessary. Insert the ice-pop sticks and freeze until solid, about 4 hours. Run warm water over the molds to remove the pops.

Caramel Corn

MAKES 10 **PREP** 25 MIN (PLUS COOLING AND FREEZING) **COOK** 5 MIN

- 1½ *cups fresh or frozen corn kernels*
- ¾ *cup heavy cream*
- ¾ *cup milk*
- ½ *cup sugar*
- 1 *pinch salt*
- 20 *pieces soft caramels*
- *Chipotle or ancho chile powder*

1. In a small saucepan, bring the corn, cream, milk, sugar and salt to a boil. Remove from the heat and let sit for 30 minutes. Transfer to a blender and puree. Strain through a fine-mesh strainer set over a bowl; discard the solids. Refrigerate until cold. Divide among the molds. Freeze until partially frozen, about 1½ hours.
2. Meanwhile, line a baking sheet with wax paper. Working with 2 caramels and 1 ice-pop stick at a time, microwave the candy until just softened, 10 seconds. On the prepared pan, press the caramels together to form a flat rectangle, then wrap it around two-thirds of the stick, leaving a bare handle. Repeat to make a total of 10 caramel-wrapped sticks. Freeze until brittle, about 45 minutes.
3. Insert the prepared sticks caramel side down into the molds. Freeze until solid, about 8 hours. Run warm water over the molds to remove the pops; dust with chile powder.

Double Berry

MAKES 10 **PREP** 30 MIN (PLUS COOLING AND FREEZING) **COOK** 15 MIN

- 2¾ *cups blackberries (about 6 oz.)*
- ⅔ *cup sugar*
- 1 *tbsp. fresh lemon juice*
- 2½ *cups raspberries (about 6 oz.)*

1. In a saucepan, bring the blackberries, ½ cup sugar, 1½ tsp. lemon juice and ¼ cup water to a boil; let cool slightly. Transfer to a blender and puree. Strain through a fine-mesh strainer set over a bowl; discard the seeds. Refrigerate until cold. Divide the mixture among the molds and freeze until partially frozen, about 1 hour.
2. Meanwhile, in another saucepan, bring the raspberries, the remaining ½ cup sugar and 1½ tsp. lemon juice, and ¼ cup water to a boil over medium-high heat; let cool slightly. Transfer to a blender and puree. Strain through a fine-mesh strainer set over a bowl; discard the seeds. Refrigerate until cold.
3. Divide the raspberry mixture among the molds. Insert the sticks, piercing the blackberry layer, and freeze until solid, about 4 hours. Run warm water over the molds to remove the pops.

Cappuccino

MAKES 10 **PREP** 15 MIN (PLUS COOLING AND FREEZING)

- ¾ *cup heavy cream*
- ½ *cup sweetened condensed milk*
- 1½ *cups plus 2 tbsp. brewed espresso, at room temperature*
- 2 *tsp. dark unsweetened cocoa powder, plus more for dusting*

1. Combine the cream and ¼ cup condensed milk. Divide the mixture among the molds. Freeze until almost solid, about 1 hour.
2. Meanwhile, in a bowl, whisk together the espresso, 2 tsp. cocoa powder and the remaining ¼ cup condensed milk; refrigerate until cold.
3. Divide the mixture among the molds. Insert the ice-pop sticks, piercing the cream layer; freeze until solid, about 4 hours. Run warm water over the molds to remove the pops; dust the cream layer with more cocoa powder.

COLD MOLDS

1. This "little black dress" of ice-pop molds offers the classic silhouette. *$15 for set of 10 (includes 24 wooden sticks), target.com*
2. You'll get everyone on board with sailboat-shaped ice pops. *$10 for set of 6, uncommongoods.com*
3. Licking this robot ice pop reveals the nuts and bolts inside—and a little toy wrench. *$10 for set of 6, uncommongoods.com*
4. Put a spin on your favorite cool-down concoction with a swirl ice-pop maker. *$12 for set of 4, amazon.com*
5. Wear your ice on your hand with a "freezer jewel" pop mold. *$10 for set of 6, amazon.com*

funfare

Get the scoop on some every day favorites!
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Paul Cappelli

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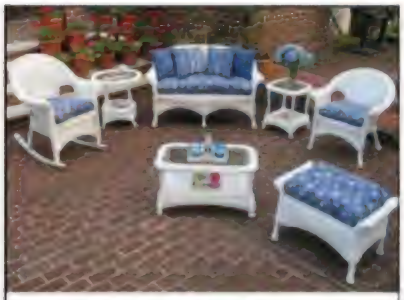

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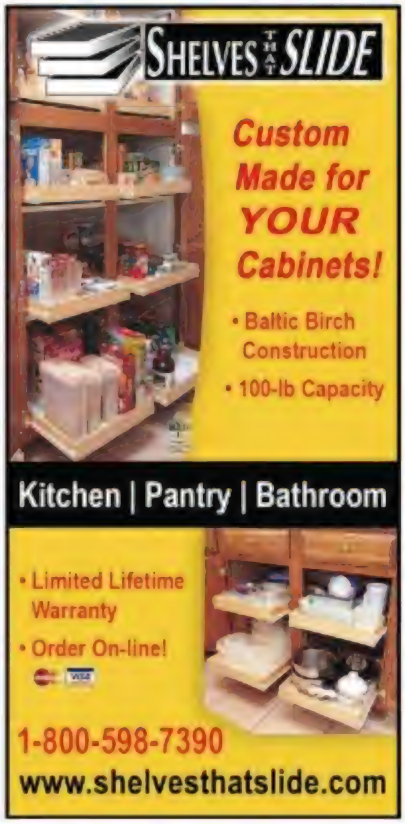

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everyDAY talk AMONGST FRIENDS

OUR RECIPE YOUR WAY

Grilled Steak Salad

THE ORIGINAL

MIXED GREENS, FLANK STEAK, CUCUMBERS AND BELL PEPPERS

YOU ADDED

ROASTED ONIONS, CHOPPED TOMATOES AND STEAMED BROCCOLI

"This tasty salad works with whatever you have on hand."
—LBARKER, VIA RACHAELRAYMAG.COM

WHERE'S THE CROSSWORD?

I got a recent issue and noticed there was no crossword puzzle. What's up with that?
—LARKSPUR, VIA RACHAELRAYMAG.COM

TALK BACK:
We loved that page, too! In order to fit 50 percent more recipe ideas, plus great new sections, we had to make some tough calls. Would you use an online-only crossword? Tell us at **rachaelraymag.com/june**.

QUESTION OF THE MONTH

??????????????

Do you sneak your own snack into the theater?

??????????????

OH, YEAH!
Ice cream! I empty my purse on the floor of my car and carry it in very carefully! —ERICA NOVOTNY-MUELLER

NO WAY!
Everyone I know does, but I feel guilty, so I don't! —JANA RICHEY FOURNIER

WHAT DO YOU BRING?

Once we brought Chinese food for a Bruce Lee double feature!
—LOIS SHEA

I like a baggie of edamame—and, of course, a second one for the shells.
—HEATHER NELSON-POTEET

Our fave is homemade trail mix with peanuts, pretzels, dried cranberries and M&Ms. I love sweet and salty! —MELANIE DAVIS ELSEY-ALLISON

I carry a bottle of hot sauce to pour onto my popcorn. I don't eat anything without some heat on it!
—ANA ISABEL ADAME

A hot slice of pizza smothered in garlic salt and red pepper flakes. —LAURA DEPALMA, RESEARCH EDITOR

Sushi. And it ended badly, with soy sauce all over the place.
—CAMERON CURTIS, ASSOCIATE WEB EDITOR

JOIN THE CONVERSATION AT **facebook.com/rachaelraymag**.

WOULD YOU RATHER... **56** PERCENT OF READERS WOULD CHOOSE TO WIN $5,000 FOR CHARITY INSTEAD OF $500 FOR THEMSELVES.

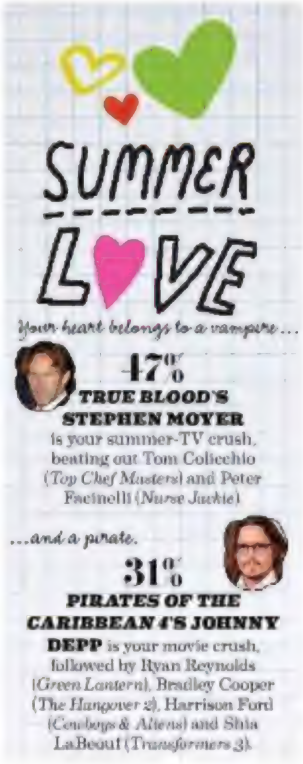
RECIPE PHOTO BY BUNCU AVSAR. FOOD STYLING BY CHARLOTTE OMNES. PROP STYLING BY CINDY DISSMAN. ILLUSTRATIONS BY KELLY SMITH

ask rach ANYTHING

??????????????????????

"What's your favorite ingredient to cook with right now?"
—GRACE LOMBARDO, NORTHBROOK, IL

"I love hardneck garlic from Keith's Farm in Orange County, New York." Hardneck garlic has a more intense flavor than regular bulbs, and can be found at farmers' markets throughout the summer.



OUR RECIPE YOUR WAY

French Onion Grilled Pizzas

THE ORIGINAL
WHOLE WHEAT PIZZA DOUGH WITH MONTEREY JACK CHEESE AND BACON

YOU SWAPPED IN
PITA BREAD AND VEGAN CHEESE

"I'm lactose-intolerant, so that explains the cheese." —JLKREIGER, VIA RACHAELRAYMAG.COM

MESSES & SUCCESSES

oh, no! *I cooked fresh octopus in wine sauce for the first time, but it was so tough that we couldn't eat it. My wife reread the recipe and saw that I was supposed to marinate the meat for at least 24 hours to soften it. Oops.* —GARYDEAN49, VIA RACHAELRAYMAG.COM

nice job! *For my daughter's birthday I made lasagna. It was ready for the oven when the power went out. We fired up the gas grill and threw on the lasagna pan. It was good, even if the bottom was a little crispy!* —JOYCE SESTER, VIA FACEBOOK.COM/RACHAELRAYMAG

RECIPE PHOTO BY BURCU AVSAR. FOOD STYLING BY CHARLOTTE OMNES. PROP STYLING BY CINDY DERMA. RACHAEL RAY, DAVID M. RUSSELL/THE RACHAEL RAY SHOW; MOVIE AND DEPP: GETTY IMAGES. ILLUSTRATIONS BY JENNY BOWERS.

HOW YOU CELEBRATE *summer*

A Visit to the Ice Cream Truck! Your top choice...

23% *Fudgsicle*

17% *Good Humor Strawberry Shortcake Bar*

15% *Push-Up Frozen Treat*

14% *Choco Taco*

13% *Klondike Bar*

12% *Snow Cone*

5% *Chipwich*

JUST ASKING: WHAT DO YOU CALL THESE?

Jimmies! **35%**

Sprinkles! **65%**

YOU WEAR COMFY SHOES (OR NONE AT ALL).

Half of you are out and about in flip-flops. A note to the 14 percent walking around barefoot: We hope you're in the country!

YOU PUMP THE AC.

When it's hot out,

33

percent of you run your air conditioners all day, every day.

YOU EAT MEAT, MEAT, MEAT.

On the grill, you covet hamburgers (44%) and hot dogs (20%). Check out our recipes on page 126, and you'll want to throw on chicken, shrimp and veggie burgers, too!

FAVES SWEEPSTAKES RULES (from page 56): No purchase necessary to enter or win. Purchase will not improve your chances of winning. Sweepstakes open to legal residents age 18 years or older at time of entry. Sweepstakes begins at 12:00 a.m. (EDT) on May 5, 2011, and ends at 11:59 p.m. (EDT) on June 30, 2011. To enter and for official rules, snap the code on page 56 or visit go.rachaelraymag.com. VOID WHERE PROHIBITED. Sweepstakes sponsored by The Reader's Digest Association, Inc., publisher of *Every Day with Rachael Ray*.

GUACAMOLE

9 ways

There's more than one way to mash an avocado. Make yours smoky, sweet or even tequila-spiked.

classic recipe

Basic Guacamole

SERVES 6 **PREP** 15 MIN

- 4 *hass avocados (about 7 oz. each), preferably organic*
- 1 *serrano chile, stemmed and minced*
- 1 *small clove garlic, minced (optional)*
- 2 *tbsp. finely chopped white onion*
- 2 *tbsp. finely chopped seeded tomato*
- 2 *tbsp. chopped cilantro, plus more for garnish*
- 2–3 *tsp. fresh lime juice, plus 1 lime cut into wedges*
- ½ *tsp. salt, plus more to taste*
- 1 *bag good-quality tortilla chips*

1. In a medium bowl, mash the avocado flesh with a fork until somewhat chunky (not smooth). One at a time, gently stir in the chile, garlic, onion, tomato, cilantro, lime juice and salt. Cover with plastic wrap touching the surface and let sit for about 2 hours to allow the flavors to develop.

2. Season with salt to taste (remember that tortilla chips are salty). Transfer the mixture to a serving bowl, garnish with a sprinkle of cilantro and serve with lime wedges and tortilla chips.

Guy Fieri

CHEF, HOST OF *DINERS, DRIVE-INS AND DIVES*, AND AUTHOR OF *GUY FIERI FOOD*

"Everyone loves guac with homemade chips! Cut tortillas into eighths, fry and sprinkle with salt and chili powder."

1 PEPPY SUN-DRIED TOMATO Lose the basic's cilantro, tomato and onion. Stir in sour cream, hot sauce, chopped pepper jack cheese and **sun-dried tomatoes.**

2 SALSA-STYLE Sub chopped red onion for the basic's white onion, and add chopped **roasted ancho chiles.** Dust with chili powder.

3 TEQUILA SPRITZ Sauté diced onion, corn kernels, cooked black beans and minced jalapeño in oil; splash with **tequila**; let cool. Make the basic guacamole with sour cream but no cilantro, tomato and onion; serve it in a bowl surrounded by the corn-bean mixture.

Diana Sturgis

EVERY DAY WITH RACHAEL RAY TEST KITCHEN DIRECTOR

"One of the simplest guacamoles I've seen is avocado mashed with lime and a little salt and spread on toast—yum! Great for chile-phobes!"

4 A TASTE OF HONEY Use sweeter red onion instead of the basic's white, and skip the garlic and tomatoes. Stir in a bit of **honey** and chopped tomatillos.

5 HOT AND FRUITY Skip the basic's tomato, garlic and onion; add finely diced **mango** and minced jalapeño (in addition to the serrano).

6 SMOKE ALARM Lose the cilantro, onion and tomato. Add a smoky kick with canned **chipotle chiles in adobo sauce.** To serve, sprinkle generously with chopped flat-leaf parsley and swirl in a spiral of plain greek yogurt.

Mandy Heaston

MOTHER TO THREE GIRLS, FOOD BLOGGER AND A WINNER OF THE REAL WOMEN OF PHILADELPHIA COOKING COMPETITION

"Some people avoid avocados because of the fat, but it's the healthy kind that helps nutrients be absorbed from other foods."

7 ITALIAN FLAG-WAVER Skip the cilantro and serrano in the basic and stir in finely chopped **fresh basil.** Spread 8 oz. cream cheese in the bottom of a 2-qt. casserole dish; cover with sun-dried tomato pesto. Top with the guacamole; serve with toasted italian bread.

8 GREEK ISLANDS Forget the basic's cilantro, garlic and serrano. Stir in ½ cup crumbled **feta cheese** and 1 tsp. dried oregano. Drizzle with EVOO and serve with pita wedges.

9 GO INDIAN. Instead of the tomato and serrano in the basic recipe, use 1 tsp. each ground cumin and **curry powder**—or more if you like it spicy! Sprinkle with chopped cilantro and pair with wedges of warm naan.

FOOD STYLING BY JANIE OIMA; PROP STYLING BY CINDY DERMAN. SUN-DRIED TOMATOES, TEQUILA, MAD HONEY, ISTOCKPHOTO.COM; CHILE, SHUTTERSTOCK.COM; MANGO AND BASIL, KANG KIM; CAN, GORMAN & GORMAN; FETA, BETTY HANGES; CURRY POWDER, STOCKFOOD.COM. ILLUSTRATIONS BY STEPHANIE MANEL.

RECIPE BY DIANA STURGIS / PHOTOGRAPHY BY KANG KIM


spread a little
oh boy!
ADD THE CREAMY TO ANY CROSTINI WITH THE RICH GOODNESS OF PHILLY.
spread a little philly
KRAFT
PHILADELPHIA
REGULAR
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Fiesta!

MAKE A GUACAMOLE MIX-IN BAR

Mandy loves throwing a DIY guacamole party. The setup we've devised here is quick, and the combinations are endless. Before visitors arrive, make a big bowl of mashed avocados and lime juice. Tuck dippers (including tortilla chips, pita crisps and/or toasted baguette slices) into pretty colored envelopes from the stationery store and put out bowls, spoons and the add-ins below. Set up drinks, such as Mexican beer, margaritas, tequila, fruit juice and sparkling water. When folks arrive, tell them to mix and match to their heart's desire.

Get started! Dish up some avocado-and-lime juice mash.

Heat it up! Stir in a little seasoning, such as cayenne, ground cumin, minced garlic and chopped chiles.

Sweeten the mix! Add chopped tomatoes, tomatillos, onions and bell peppers, plus corn kernels and beans.

Cool it! Calm everything down with dairy: cubed jack cheese and swirls of sour cream or plain yogurt.

Taste it! Sample your mix to see if it needs a little salt or pepper; garnish with chopped fresh herbs, such as cilantro.

Dig in! Pick up a handy envelope filled with tortilla chips and other dippers, take it all to your seat and enjoy!

GUACAMOLE BAR BY NICOLE HERMANN; FOOD STYLING BY [illegible]; PROP STYLING BY [illegible]; ADDITIONAL REPORTING BY SYDELL [illegible]

BILL FELL IN LOVE DURING HIS

CALIFORNIA VACATION

PRODUCE OF U.S.A.

For twenty-five years, California Avocado grower Bill Coy worked happily as a marketing executive in the big city. During his time off, Bill would retreat to his father-in-law's California Avocado grove, helping him work the land. And that's when he truly fell head over heels. Bill left the marketing world behind and turned his vacation into a permanent leave-of-absence. He bought his own grove and planted each tree by hand, nurturing them into strong bearers of rich, creamy California Avocados. And since the expert care Bill provides shines through in every bite, it's no wonder his labor of love tastes so delicious.

INSIST ON CALIFORNIA
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SCRATCH PAD

We love our jobs! Some days we get to grill—like the super sammies in "The Grill & the Sandwich: A Love Story"—and sometimes we have to taste 60 ice pops in a day. (Brain freeze!)

HEY, DON'T THROW THAT AWAY!

MAXIMIZE YOUR ZEST

Our very favorite vegetable peeler? One with a ceramic blade.

"When a recipe calls for lemon juice, don't waste all that great zest! Before I squeeze a lemon, I use a sharp vegetable peeler to remove thin strips of zest. I let the strips air-dry for a day or two, then store them in a jar (at room temp) until I want to crumble them into rice, stews or cooked fruit. When I need 'fresh' zest, I just soak the strips in cold water for an hour, and they're as perky as the day I peeled them off." —DIANA STURGIS, TEST KITCHEN DIRECTOR

MELON AND PROSCIUTTO *page 122*

WHY YOU SHOULD TRY

PANKO BREADCRUMBS

Chances are you've seen boxes of panko—they're right next to regular breadcrumbs in the supermarket. But here's why you should cook with it: Panko (which means "bread bits" in Japanese) is made from bread that's specially formulated to absorb less oil. So when you coat food with panko and then pan-fry it, the coating stays extra crispy and doesn't get soggy. Try it out with our yummy homemade fish and chips in this month's Budget Cook.

FISH AND CHIPS *page 94*

WHY WE LIKE...

WILD ALASKAN SALMON

"I brought Liz, our editor-in-chief, a grilled salmon sammy to taste. She took a bite, and the look on her face said it all: 'Why is this so *good*?' Me: 'It's the intense flavor and firm texture of flash-frozen, wild-caught Alaskan sockeye salmon.' (Get it from vitalchoice.com.)" —KATIE BARREIRA, SENIOR TEST KITCHEN ASSOCIATE

GOIN' FISHIN' STACKS *page 128*

ILLUSTRATIONS BY ZOE MORE O'FERRALL

HERE'S HOW...

GRILLED SHRIMP STAY MOIST

1

2

Shrimp come with their own natural grilling wrappers: their shells. First you need to cut along their backs (1) and remove the not-so-tasty vein (2). Don't peel them yet: Leave the shell in place, as it'll preserve moisture and add lots of flavor while grilling. After cooking, let the shrimp cool a bit, then peel the sliced shell right off.

GRILLED SHRIMP SALAD
Meal Planner

THERE'S MORE...
Get grilled shrimp recipes and a customized shopping list on your phone! Download the free mobile app at gettag.mobi and use it to snap this bar code.

WHO KNEW?

POP GOES THE CORNCOB

Less Mess! Place the corncob upright on a cutting board. With a sharp knife, scrape off the kernels **from the middle** of the cob down. Flip it over and repeat.

"We were so over ice pops...until we met the caramel corn pop. It's made with fresh corn (yes, *corn*) and is the best frozen treat we've ever tasted, with a rich, almost tropical sweetness. You've *got* to try it. And don't miss my trick for keeping the kernels from flying all over when you slice them off the cob." —TRACEY SEAMAN, TEST KITCHEN DIRECTOR

CARAMEL CORN ICE POP
page 145

We cooked our leftover corncobs in a big pot of salted water and made a killer veggie broth.

GET THE GOOD

COOL TOOL

You'll swear the "linguine" in our story on no-cook side dishes is pasta. It's not! We used a great gadget called a mandoline to cut zucchini into long, thin strands. Heavy-duty mandolines go for $150, but a simple, $20 plastic one is all you'll need! (Look for a Benriner slicer on amazon.com.)

ZUCCHINI LINGUINE WITH ALMONDS ***page 122***

Turn an unpeeled zucchini into "linguine" by slicing it lengthwise with a mandoline's julienne blade.

Slit the vanilla bean pod lengthwise with a small, sharp knife, then use the tip to scrape out the seeds.

GETTING TO KNOW...

THE VANILLA BEAN

"Have you ever wondered where vanilla comes from? The flavor is extracted from the pods of a type of orchid. Inside the pod (aka the bean) are teeny-weeny, superflavorful seeds. To get really intense vanilla taste in any dish, slit open the pod, scrape out the seeds with the tip of a knife and stir them in with your other ingredients. Try it out! (Look for vanilla beans in the supermarket baking aisle.)" —KATIE

VANILLA SUGAR ***page 20***

Here's a tip: If a vanilla bean is dry and brittle, store it in a plastic bag with a slice of bread for a day or two. It'll soften right up!

Bone Appétit

Fuel your pup's outdoor playtime with these meaty morsels.

BY ANDREW KAPLAN

How about you go fetch! I'll stay here and enjoy my lunch, thank you very much.

PLAY BALL!
Give your dog the runaround with the ergonomically handled ***Wood Chuck with Orbee-Tuff RecycleBall****, made with sustainably grown bamboo and reused cork.* $25, planetdog.com

Parsley Meatloaf Sliders

MAKES 4 PATTIES **PREP** 10 MIN **COOK** 10 MIN

- ½ lb. ground beef
- 1 egg
- ½ cup fresh flat-leaf parsley, finely chopped
- 1 tbsp. EVOO

In a medium bowl, stir together the ground beef, egg and parsley. Form into four ½-inch-thick patties. Heat a small skillet or gas grill to medium. If using a skillet, add the EVOO to the pan; if using a grill, brush it onto the grate. Add the patties and cook, turning once, for about 8 minutes for medium to medium-well. Remove from the heat and let cool.

Every dog is different, so check with your vet to see if this recipe is suitable for your pet.

"I often make Izzy's food, and have been putting more parsley in. I've found that she is eating fewer houseplants!" —**Rachael**

MAIN PHOTOGRAPH BY CATHERINE LEDNER

Hugged for the first time.

ANOTHER PUP SAVED:

JOHN PAUL

In 2009, the Humane Society helped rescue 5-year-old American Eskimo John Paul (named after the Pope!), along with more than 300 other dogs, in a raid on one of the nation's largest puppy mills, located in Kennewick, WA. After hearing the pooch's story on TV, Kimberly Dunham and her partner, Larry, felt compelled to adopt him from their local Spokane branch. She already owned one American Eskimo and knew how sensitive they could be. "We love to cuddle and 'hold paws'," Kimberly says. "It's incredible how happy he is now. It's a miracle for a dog who'd never even been petted before he was rescued!" —SARAH ZORN

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A PORTION OF PROCEEDS FROM SALES OF RACH'S DOG FOOD LINE GOES TO HELP ANIMALS IN NEED.

RECIPE PHOTO BY YUNHEE KIM; PROP STYLING BY CINDY DIPRIMA; FOOD STYLING BY PAUL GRIMES. RECIPE REVIEWED BY THE ASPCA.

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Nia co-wrote her new summer movie, *Larry Crowne* (in theaters July 1), with friend Tom Hanks!

My 3 Favorite Meals

Writer and actress Nia Vardalos takes us from butts to bacon.

1 **Catch of the Day** I was promoting a movie in Tokyo in 2004, and after nights of touristy Japanese meals, I told my interpreter that I wanted to go where *he* would go for dinner. So the two of us went to a hibachi restaurant where we sat on the floor in a "U" shape around the chef. When asked what I would eat, my interpreter said, "Anything." I was feeling brave and adventurous—until the chef smiled at me, reached into a barrel at his feet, pulled out a live, wiggling fish and stuck a long skewer right through its body! Oh, to have seen the look on my face. He dipped that still-squirming fish into a vat of something that looked like butter and slid it into the smoking hibachi oven—nodding to me like, "Yeah, this one's for you"—while I gripped the table and tried not to faint. When he pulled the fish from the oven and held it out to me, I hesitantly pulled off a little meat with my chopsticks and gingerly took a bite as every Japanese businessperson watched. It was delicious. I ate the entire fish and sucked the bones.

2 **Mom-and-Daughter Peekaboo** Thanksgiving is by far my favorite meal to cook, and I actually like a nice quiet house. My husband takes our 5-year-old daughter to the movies halfway through the day so I can tackle the heavy cooking, but she preps with me first. Last year was the first time I actually found her helpful: She got out the scrubber and went to town on the sweet potatoes until there was no skin left to be seen. I then baked, cubed and drizzled them with maple syrup, brown sugar and butter. You could dip a shoe in that mixture and it'd be good. My daughter made that day so memorable: She wore just an apron, with nothing underneath! She had a French-maid look going in the kitchen: she's either going to be a complete free spirit, like a poet or gymnast, or a pole dancer.

3 **An Affair with Bacon** Meat started to gross me out, so I became a vegetarian—and stayed one for 11 years. But I kept gaining weight and couldn't figure out why. The answer was a thyroid condition, and after three months on medication, I started craving meat. I mean, *really* craving meat. During the shooting of *My Big Fat Greek Wedding*, the smell of bacon used to waft across the set, but I resisted the temptation for a long time. Then one day I just said, "I'll have a bite of that." All the way to my lips I was unsure. I kept thinking, "Why am I doing this?" And then I chewed it and it was a warm shower of happiness—like waking up from a coma. I was surrounded by the cast and crew, but in that moment it was just me and that bacon. That night I ordered chicken, and the next I had crab legs—I was like that guy with the bucket at the end of *Monty Python's The Meaning of Life*.

BACKGROUND PHOTOGRAPH BY BURCU ARSAR; FOOD STYLING BY CHARLOTTE OMNES; PROP STYLING BY CINDY DIPIRMA


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